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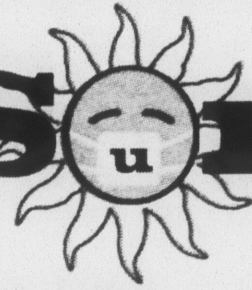
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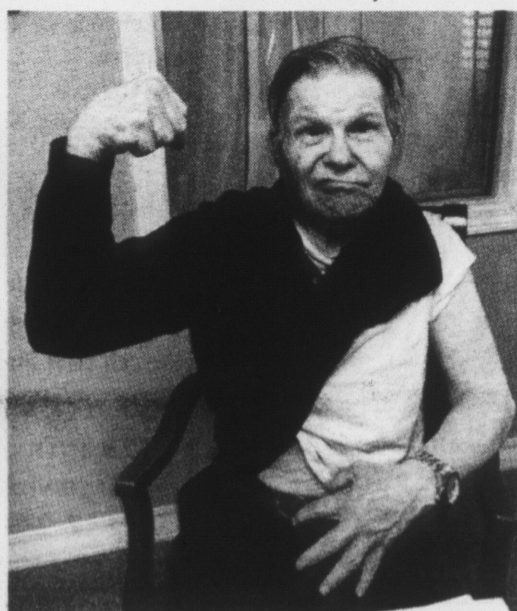
Thursday, January 21, 2021

\$1.50



VACCINE RECIPIENTS - More than 50 residents and associates at The Atrium at Faxon Woods in Quincy, a Benchmark Mind & Memory Care community, received their first dose of the COVID-19 vaccine Jan. 11 administered in partnership with CVS Health. Spirits were high as residents and associates celebrated their hope for the future. The community will host their second COVID-19 Vaccination Clinic on Feb. 1st when individuals will receive their second dose and more associates will be vaccinated. Shown here are (clockwise from top) Phyllis Sullivan, Jimmy Kay and Kenny Bruynell.

Photos Courtesy Carol Arnold



Schools Eye Expanding In-Person Learning

By SCOTT JACKSON

It could take until the end of the school year to provide COVID-19 vaccines to every teacher and staff member within the Quincy Public Schools, but the superintendent says that won't preclude the expansion of in-person learning opportunities for students this spring.

School officials are also preparing to start livestreaming high school classes - so that remote and in-person students would learn together - by the start

of next month.

School teachers and staff are among the essential workers who would be eligible to receive COVID-19 vaccines in the second step of the second phase of the state's three-phased approach to distributing the vaccine. State officials have not given a firm date for the start of phase two, but Gov. Charlie Baker has said he expects it to commence sometime in February as initially planned.

Supt. Kevin Mulvey

Cont'd On Page 2

New Short-Term Rental Rules Near Approval

By SCOTT JACKSON

City councillors could approve new rules regulating short-term rentals in Quincy as soon as this week.

Ward 5 Councillor Charles Phelan Jr. introduced the legislation to regulate short-term rentals in September, at which point the item was referred to the ordinance committee. The committee, which includes all nine councillors, unanimously approved a revised

version of the ordinance on Jan. 11 after two hours of discussion.

A final vote on the bill was not taken that night, however, at the request of Ward 4 Councillor Brian Palmucci, who said he wanted more information about its impact on existing short-term rental operators in the city first. A final vote on the matter could come as soon as this week's council

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Congregate Care Vaccinations Start This Week

By SCOTT JACKSON

Massachusetts this week began offering COVID-19 vaccines to the 94,000 residents and staff at various congregate care facilities, including shelters, houses of correction and residential

special-education schools.

State officials have also announced that residents and workers at certain public and private low-income senior housing developments, such as those oper-

ated by local housing authorities, will get access to the vaccine sooner than originally anticipated.

Gov. Charlie Baker and Health and Human Services Secretary Marylou

Sudders discussed plans to vaccinate the residents and staff in congregate care settings during a Jan. 13 press conference. The residents and staff within congregate care facilities are the fourth

group in phase one to have access to the vaccine, following frontline health care workers, residents and staff at long-term care facilities like nursing homes, and first responders.

Baker said the state is prioritizing vaccinations for those in congregate care settings, "because they serve vulnerable populations in densely populated settings,

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More Quincy news:

The Quincy Sun.com

Schools Eye Expanding In-Person Learning

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discussed plans to administer the vaccine to teachers and staff during the School Committee meeting on Jan. 13.

Mulvey said school officials would be working with the city's Health Department and Manet Community Health Center to help roll out the vaccines to QPS employees and teachers. Rita Bailey, the district's coordinator of health services, and school nurses will distribute the vaccine within the school system, Mulvey said. Because of that, school nurses will be vaccinated in the near future.

The superintendent said it could take until the end of the school year to provide the vaccine to every teacher and staff member who wants it, based on input he has received from city Health Commissioner Ruth Jones.

"We would be looking at potentially completing vaccinations sometime by the end of this school year with the hope of being able to return full-time this coming September," Mulvey said.

"Obviously, I would like it a lot faster than that - I would like it rolled out as quickly as possible so that perhaps by the first of April or mid-April we would be in good shape vaccination wise...but that is her honest assessment."

Mulvey said Jones was concerned about being able to get enough doses of the vaccine for all employees. He also noted both vaccines in use so far have to be

stored near or below freezing. Both also require two doses administered about a month apart.

Committee member Doug Gutro said he was hopeful the distribution of vaccines could be sped up to allow increased in-person learning opportunities this spring.

"I would like to keep this item on the agenda just to find out if there is anything that comes out of the federal government or the state government that talks about the supply coming into the city of Quincy and our capacity to manage it as it comes in," Gutro said.

"I want to be an optimist and hope that we are going to get it sooner and we are going to be able to deliver it so that there is some hope we're going to get the kids back in this school year, without question."

Committee member Paul Bregoli said the district should not wait until all teachers are vaccinated to expand the in-person options.

"I'm concerned about the vaccine and getting those into the arms of our teachers as part of our guide for getting our kids back to school. If that is going to take the rest of the year, does that mean we're not going to be able to get kids back in school for the rest of year?" Bregoli said.

"If that is the case, I'm opposed to waiting for all staff to be vaccinated. We need to get the kids back to school."

Mulvey said vaccinations

will help expand in-person learning opportunities, but the district won't wait until all teachers have been vaccinated to do so.

"We are looking at plans to bring back students earlier. The vaccination will certainly help with that, but we're not going to wait," Mulvey said. "We're working now with the re-entry task force and our principals to develop plans to expand student in-person participation as much as possible as soon as possible."

The superintendent also said the district planned to participate in a new pooled-testing initiative recently announced by the state. Students and staff members will be tested for COVID-19 on a weekly basis using pooled tests, meaning groups of

ten or so would have their samples combined together and tested at once. A negative test result on a pooled test is considered a negative test for all individuals in the pool. If a pool tests positive, those individuals would then take a rapid test to determine which individuals are positive.

Mulvey said school nurses would oversee the administration of the pooled tests and any follow-up rapid testing.

"It's definitely a challenging, challenging program but it is something we are interested in and I know the teachers are interested in," he said. "Some of the challenges would be we would be potentially placing another obligation on our nurses to conduct this test-

ing. They are already doing contact tracing. We're going to be asking them to do immunizations as well."

The program should help ease concerns about being in the school buildings amid the pandemic.

"The benefit of the program of course would be giving peace of mind to staff and students relative to returning to school," Mulvey said.

In addition, Mulvey said the high school principals are working on plans to begin livestreaming classes so students at home and in the classroom could learn together.

"Our technology is now there. We are developing those plans with the principals, particularly at the high schools, so that we can en-

gage in-person instruction as well as streaming at the same time so that the in-person students and the remote students are actually participating in the same class," the superintendent said.

Some classes - such as special education classes at Quincy High School - are already being livestreamed, Mulvey said. The district will need to negotiate with the teacher's union before it can livestream classes on a larger basis, but he was optimistic that could be done in time to start livestreaming by the start of next month.

"We will work with the union to make that happen," Mulvey said. "We are hoping we will be able to begin the streaming piece at the high schools by Feb. 1."

Boys' H.S. Hockey Teams Back On Ice

By SCOTT JACKSON

The boys' hockey teams at Quincy and North Quincy high schools both returned to the ice Monday, the first game for the two squads after they were shut down last week over coronavirus concerns.

Quincy High School bowed to Plymouth North, 3-2, at Quincy Youth Arena on Monday morning. North Quincy bested Plymouth South, 4-2, in a home matinee.

The previous game for both Quincy and North Quincy was on Jan. 9, when they faced each other. The Raiders prevailed in that matchup, 4-1.

Supt. Kevin Mulvey had put the programs on hiatus Jan. 10, after photos emerged from the teams' game showing some players not properly wearing masks and not following distancing guidelines. Those photos were taken both before and during the game, Mulvey told the School Committee on Jan. 13.

Initially, Mulvey said the programs would be on a ten-day hiatus and instructed players to quarantine during that period. After consultation with Ruth Jones, the city's health commissioner, and the Massachusetts Department of Public Health, Mulvey on Jan. 11 lifted the requirement for those students to quarantine because there were no known COVID-19 cases among the participants in the game at that time.

At the Jan. 13 school board meeting, Mulvey said

both hockey teams would be able to resume practice the following day after taking steps to comply with the state guidelines for masks and distancing. The district purchased new masks manufactured by CCM specifically designed for use by hockey players and the bench areas at Quincy Youth Arena were reconfigured to allow additional spacing, he stated.

In addition, Mulvey said the rink had been deep cleaned. That decision was made by rink management, not the school department, he said.

On Jan. 14, however, the superintendent announced that one of the participants in the Jan. 9 game had tested positive for COVID-19 and the Health Department had determined the game fell within that person's infectious period.

Under state guidelines,

anyone who participated in the Jan. 9 game was deemed a close contact, Mulvey explained.

"In order to prevent the spread of COVID-19 and help ensure the health and safety of players, coaches, and their families, the MDPH identifies all people who participated on the ice while a case of COVID-19 was present during their infectious period as close contacts," he wrote in an open letter to the school community.

As a result, Mulvey said, "all hockey team members for both high schools who participated in Saturday's game have potentially been exposed to COVID-19 and will need to quarantine for seven to fourteen days following the exposure, depending on testing and test results."

Laura Owens, the assistant to the superintendent, on Tuesday noted the state allows close contacts to leave quarantine if they test negative for COVID-19 seven days after they were exposed to a confirmed case. Those players would have been eligible to play in Monday's games, along with junior varsity players, as the JV programs were not impacted by the confirmed case.

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Council Meets Jan. 25 To Fill Ward 2 Vacancy

*Residents Seeking Appointment Must Submit
Written Letter Of Intent, Resume By Noon Friday*

By SCOTT JACKSON

City councillors will hold a special meeting Monday, Jan. 25 to fill the Ward 2 seat that Brad Croall will be vacating this week.

Monday's meeting will begin at 6:30 p.m. that evening and it will be held remotely via Zoom. The meeting ID number is 862 3982 7493 and the phone number for those wishing to call into the meeting is 646-558-8656.

Residents seeking appointment to the Ward 2

seat need to submit a written letter of intent and their resume to both City Clerk Nicole Crispo at ncrispo@quincyma.gov and Clerk of Committees Jennifer Manning at jmanning@quincyma.gov by Friday at noon. Only voters currently registered within Ward 2 are eligible for the seat.

The appointed individual will be eligible to serve out the remainder of Croall's term, which expires at the end of the year.

Croall on Jan. 11 an-

nounced his intention to resign from the Ward 2 seat, effective Tuesday. He has served on the council since 2012.

City Solicitor Jim Timmins, in a memo to councillors, said the procedure to fill the remainder of Croall's term is dictated by a 1953 special act. That state law, Timmins wrote, says that the vacant seat should be filled by the defeated candidate who garnered the highest number of votes in

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QATV Working In Partnership With Thomas Crane Library

Quincy Access Television (QATV) has worked in partnership throughout the pandemic with the Thomas Crane Public Library, keeping their patrons informed on all that the library has to offer while its doors have been shuttered.

Early in the pandemic, the series "TCPL @ Home" was launched to update library patrons of all that continues to be available virtually at the library. A recently launched series "Thomas Crane Public Library: Community Resources" highlights resources within the community that residents can look to for assistance.

"We truly value the partnership QATV has with the Thomas Crane Library," said Jonathan Caliri, executive director of Quincy Access Television. "We are happy to help promote and share the tremendous amount of resources and programs offered at the library, especially during this trying period."

Many of the librarians at the Crane produce content for their website and media platforms, which are assembled by staff at Quincy Access Television. Countless virtual library events and presentations have been broadcast on QATV's chan-

nels and uploaded to video on demand at qatv.org/vod. In collaboration with the library, the staff at QATV has edited all of the programs to air on QATV's channel 9 and the library's YouTube channel.

"The Thomas Crane Library has been a proud partner with QATV for years," said Clayton Cheever, assistant director of the library. "When so much changed in March with the corona virus pandemic our partnership has only grown exponentially in value. With the increased web presence since QATV's new website unveiled this past March, we are very grateful to provide easy access to videos on demand of past library programs as well as our ongoing efforts to entertain, educate, and foster relationships among members of the greater Quincy community."

During the pandemic the library and QATV also worked together to bring 'premiere' events to the residents of Quincy, these events are broadcast simultaneously over QATV's channel 9 and the library's social media platforms. Two concerts have premiered this way and the next premiere program, "Books We Loved in 2020" can be viewed on

both QATV's channel 9 and the library's YouTube channel on Thursday night, Jan. 28th at 7 p.m.



THE QUINCY ROTARY Club has created a \$100 Valentine Box worth over \$150 which the club is selling to raise money for its scholarship fund. There are nine treats in the boxes. A \$50 gift certificate to Alba Restaurant, a heart shaped cookie and \$10 gift card from Montillio's, two fashionable face masks from Caryn's Corner, a half pound of coffee and a card good for three drinks from Coffee Break Cafe, a \$15 gift card from Dependable Cleaners, two P2C2 chocolates from Purefections and two passes to the USS Salem museum. Since its inception the Quincy Rotary Club has given over \$1 million in scholarships. To purchase a box call Marylou Fishman at 617-921-0368 or visit Caryn's Corner, 133 Beach St., Quincy. Photo Courtesy Rotary Club

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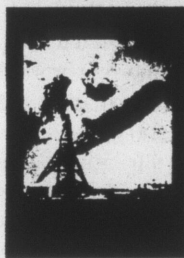
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Moments in time

THE HISTORY CHANNEL

• On Feb. 1, 1790, the Supreme Court of the United States meets in New York City for the first time, with Chief Justice John Jay presiding. The U.S. Supreme Court was established by Article Three of the U.S. Constitution, which took effect in March 1789.

• On Feb. 7, 1812, the most violent of a series of earthquakes near Missouri causes a so-called fluvial tsunami in the Mississippi River, making the river run backward for several hours. The strongest of the aftershocks, an 8.8-magnitude, caused church bells to ring in Boston, over a thousand miles away.

• On Feb. 4, 1861, delegates from South Carolina, Mississippi, Florida, Alabama, Georgia and Louisiana convene to establish the Confederate States of America. Within two months, Virginia, Arkansas, North Carolina and Tennessee all had joined the Confederacy.

• On Feb. 6, 1891, three members of the Dalton Gang stage an unsuccessful train robbery in California -- an inauspicious beginning to their careers as serious criminals. A year later, the gang botched another robbery, boldly attempting to hit two Kansas banks at the same time.

• On Feb. 3, 1953, French oceanographer Jacques-Yves Cousteau publishes "The Silent World," a memoir about his time exploring the oceans. In 1950, Lord Guinness, a British patron, bought him an old British minesweeper to use for his underwater explorations. Cousteau christened it Calypso.

• On Feb. 2, 1980, details of ABSCAM, an FBI sting operation to uncover political corruption in the government, are released to the public. Thirty-one public officials were targeted. In the operation, FBI agents posed as representatives of a fictional Arab business, offering money in exchange for special favors.

• On Feb. 5, 2003, U.S. Secretary of State Colin Powell gives a speech to the United Nations justifying an invasion of Iraq that is full of fabrications. Powell later called it a "blot" on his record.

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Songbirds in winter

Missing your wild feathered friends? If you stand near some trees and make soft "psh-psh-psh" sounds, this is bird parlance for "a predator is near," and even in winter, some birds may pop by to investigate! They may also make a few short "call notes" of their own to help warn of danger. Your best ally in this trick is the black-capped chickadee, often the first to respond. They can vary the rate or urgency of their calls to convey the distance or the immediacy of the threat. - Brenda Weaver

Source: northernwoodlands.org

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House and Senate Pass Landmark Climate Change, Health Care Legislation

Quincy's state legislative delegation -- state Reps. Ron Mariano, Tackey Chan, Bruce Ayers and Dan Hunt and state Sen. John Keenan -- voted in support of two landmark pieces of legislation during the final weeks of the legislative session.

One expands access to telehealth and improves our health care system during the midst of an ongoing pandemic and the other was a breakthrough piece of climate legislation that overhauled the state's climate laws.

Signed into law by Gov. Charlie Baker earlier this month, an Act promoting a resilient health care system that puts patients first (S.2984) expands insurance coverage for Massachusetts

residents. The new law requires health care facilities to notify patients of their insurance network status before non-emergency procedures to avoid surprise medical bills; requires insurance companies, including MassHealth, to cover all COVID-19 related health emergency and inpatient treatments as well as medically necessary outpatient testing; requires insurance companies to cover patients who have PANDAS/PANS; allows for reimbursement of travel and accommodations for those participating in cancer clinical trials removing barriers for low-income individuals; and requires all telehealth appointments to be covered by insurance if they would normally be

covered by an in-person visit.

"I am pleased that the Legislature was able to pass a comprehensive health care bill that will do much to promote the health and well-being of residents through the pandemic and beyond," Keenan said. "I am particularly pleased that we were able to provide health insurance coverage for families struggling with the costs of providing appropriate care for young people with complex auto-immune disorders, such as PANS/PANDAS."

Massachusetts also became a national leader on climate change by passing broad reaching legislation that set new standards to drive down greenhouse gas

emissions, created clean energy jobs, and protected environmental justice communities. An Act Creating a Next-Generation Roadmap for Massachusetts Climate Policy (S.2995), set a 2050 net-zero greenhouse gas emissions limit, as well as statewide limits every five years; increased the requirements for offshore wind energy procurement bringing the statewide total to 5,600 megawatts; required emission reduction goals for MassSave, the state's energy efficiency program; and, for the first time, established the criteria in statute that defines environmental justice populations. The legislation also increased support for clean energy workforce develop-

Cont'd On Page 25

ANALYSIS: A Universal Social Security Program?

By RUSSELL GLOOR
National Social Security Advisor
Association of Mature American Citizens Foundation

With Social Security's finances in the spotlight these days, especially since COVID-19 devastated the U.S. economy, there is no shortage of ideas for how to reform the Social Security System (SS) to restore it to financial solvency. Some proposals have originated in Congress (Social Security 2100 Act) and others have been floated by various "think tanks."

In the latter case, some independent "outside-the-box" proposals advocate entirely scrapping the existing Social Security Act in favor of a "Universal Flat Benefit" program -- essentially a program where all recipients receive the same amount regardless of their lifetime earnings history and contributions. This would, they argue, lift many more Americans out of poverty and would allow for a reduction in the Social Security tax burden on American workers. Proponents argue that lowering SS payroll taxes with a universal benefit program would mean more disposable income available for use, instead, to better save for individual retirement and to bolster the U.S. economy. Lofty goals, but at what penalty?

The universal SS flat-benefit concept has gained traction largely because most Congressional approaches to Social Security's financial dilemma include raising the payroll tax burden on American workers. Most currently proposed legislation tackles the issue of a steadily increasing number of Social Security beneficiaries by increasing SS revenue via higher taxes to support a larger number of recipients. That approach, flat-benefit proponents say, will eventually become unsustainable.

The current SS payment methodology is already somewhat progressive in that the benefit formula is weighted to provide greater pre-retirement income replacement for lower earning workers. The income replacement rate for low-income workers is about 40%, whereas for high-income workers it is considerably less. Nevertheless, today SS benefits are computed relative to the contributions each person has made to the program.

Conversely, a universal flat-benefit program would transform Social Security into more of a socialist program where everyone gets the same benefit amount regardless of their contributions -- an idea that flies in the face of America's most basic principles.

Social Security has now entered its ninth decade of providing benefits to American seniors and their dependents. That alone is testimony to the soundness of the program's basic tenet -- benefits are paid relative to contributions made. That's a sound principle which today keeps about 22 million Americans out of poverty. So, we must ask -- is it smart to replace a program which has been a resounding success for over 80 years, with what is essentially a welfare program? Or is it more prudent to modestly adjust the current program to fit today's demographic -- in effect, "modernize" it?

Reality is that people are now living much longer. Life expectancy has steadily increased over the years and, thus, those collecting Social Security today collect benefits for decades. Yet Social Security's full retirement age definition

has not changed in over 37 years. But simply changing Social Security's full retirement age won't alone restore the program to solvency, so other "modernization adjustments" must also be made. Instead of a socialist universal flat-benefit program, let's consider a viable way to maintain the existing SS structure of "benefits paid relative to contributions made."

The Association of Mature American Citizens (AMAC) has developed and, over several years, fine-tuned a proposal which will not only restore Social Security to solvency, but do so without raising SS payroll taxes. This proposal, known as the AMAC Social Security Guarantee and Social Security Plus Initiative (www.amac.us/social-security), advocates making several relatively modest adjustments to Social Security's benefit formulas to achieve solvency without adding to the current tax burden. Proposed adjustments include:

- Adjusting the full retirement age to recognize that Americans today are living (and collecting benefits) much longer
- A guaranteed Cost of Living Adjustment (COLA) weighted to favor low-benefit beneficiaries, using a tiered-formula based on household income
- Adjust the Delayed Retirement Credit formula to align with reductions for claiming benefits before full retirement age
- Modify the formula for computing the Primary Insurance Amount (PIA) for future high earners to align with the national inflation rate, instead of the Average Wage Index
- Enhance the current survivor benefit formula to provide a joint-and-survivor annuity concept
- Divert current retirement account penalties (e.g., early withdrawal of 401(k)) from the General Fund to the Social Security Trust Funds
- Replace the Windfall Elimination Provision (WEP) with a new, less punitive formula

To address the issue of too many Americans neglecting to save enough for their future retirement, AMAC's Social Security Guarantee also includes a "SSG-Plus" option, which provides a voluntary special investment mechanism for employees to save for their retirement (and for employers to contribute matching funds). This approach would help ensure that seniors have a sizable "nest egg" as they enter retirement.

To AMAC the choice is clear. We do not favor discarding the Social Security program for a socialistic universal flat-benefit program where everyone gets the same benefit regardless of how much they've contributed. Instead, we advocate for modernizing the existing Social Security program without increasing payroll taxes and providing guaranteed Cost of Living Adjustment (COLA) weighted to favor low-benefit beneficiaries, using a tiered-formula based on household income. Moreover, AMAC's Social Security Plus proposal would provide further benefits in relationship to contributions through its voluntary special investment mechanism for employees to save for their retirement and for employers to contribute funds, as well.

Russell Gloor is the National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens.

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Scenes From Yesterday



HOTEL PANDORA, ISLAND AND COTTAGES, HOUGHS NECK, MASS.

THIS IS A 1920s postcard showing the property of what was then the Pandora Hotel that was on Fensmere Avenue at the end of Houghs Neck. The hotel built in 1900 was originally known as the Fensmere and changed names over the years until it was demolished in the 1930s. The pond or lake was originally a natural inlet from Quincy Bay until the Metropolitan Sewer Commission built the sewer pipe known as the "Dike" out to

Nut Island and closed it off. A tidal gate under the Dike allowed this lake to fill with salt water. Hotel guests used the lake for canoeing. After the hotel was gone the lake was filled. Later the city took the property and built the Great Hill School here. Today, the school is gone and this is the city-owned Brill Field Park featuring a basketball court, children's playground equipment and softball field.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1960
61 Years Ago

Mayor Will Reintroduce West Of The Tracks Plan

The new 1960-1961 City Council found itself facing one of the most important municipal issues in years at its first meeting when Mayor Amelio Della Chiesa re-introduced the necessary taking orders for the West-of-the-Tracks proposal.

Councillor William C. Ellis, the new council president, has indicated a desire to set up a second public hearing on the question so that the council can take definite action without further delay.

A second hearing was necessitated by opposition registered at the initial hearing near the end of the year.

JOB ELIMINATED;

\$346,000 TRIMMED OFF CITY BUDGET

Mayor Della Chiesa eliminated one full time job and cut \$346,000 off the requested appropriations of department heads as he began shaping up his annual budget. The job eliminated was that of the full-time registrar of voters, which paid a salary of \$3,640 a year. The mayor said he was replacing it with a part-time job at \$500 a year.

The mayor raised the salary of the planning director from \$7,750 to \$9,000 in his budget. The mayor also said that he would not fill vacated positions but would hire seasonal help during the year.

STUDY ASKED ON USE OF LAND FILL AS A DUMP

The use of sanitary landfill methods as a means of abating nuisances reported at the city dump in Hitchcock Quarry was advocated by Councillor George B. McDonald.

Councillor McDonald introduced a resolve requesting the mayor to submit to the council at the next regular meeting the necessary orders to provide a landfill operation to cover the existing dump at the quarry now used by Marinucci Brothers, the rubbish contractor.

Cost estimates prepared by the engineering department indicated the cost to cover the dump with one-foot of fill would be around \$4,500.

QUINCYISMS

State Senator Charles W. Hedges announced his candidacy for the office of Sheriff of Norfolk County... Elm Farm Supermarkets, 18 Chestnut St., Quincy Center, was advertising, "Beef Live, Freshly Sliced, 39 cents a pound"... Mr. and Mrs. Richard Shaw, 20 Marine St., Houghs Neck, welcomed a daughter born at Quincy Hospital... Philip Morss, Senior Vice-Commander, Houghs Neck Legion Post #380, announced an all-out drive for new members was underway... "The Riches of the Redeemed" was the sermon topic of Rev. Keijo Aho of the West Quincy Congregational Church... Milton's Clothing Store, Hancock St., downtown Quincy, was advertising, "Luxurious Hammon-ton Park Suits, Reg. \$100 for Only \$59.98"... The Quincy Fathers Club members expressed shock over the resignation of Bill Sullivan as head football coach at Quincy High School. Many club members expressed the opinion that Mr. Sullivan "didn't jump, he was pushed"... The North Quincy Koch Club basketball team made it seven wins in nine starts when it downed the New England Redmen, 95-84. Tom Scanlon led the Koch Club scoring with 25 points while George Burke tallied 23 points... The Boston Celtics with a 35-10 record led the Eastern Division of the NBA, 4 1/2 games ahead of the Philadelphia Warriors... Rock Hudson and Doris Day were appearing in "Pillow Talk" at the Wollaston Theater, Beale Street... Standard Television and Appliances, 1550 Hancock St., was offering, "Norge Gas and Electric Dryers for \$139.95"... Shea's Formica, 809 Hancock St., Wollaston, was advertising, "Formica Formed Top, For Kitchen and Bath"... John F. Wifler was installed as commander of the Charles J. Cavanaugh DAV Chapter at the post home, 111 Newbury Ave, North Quincy... Mr. and Mrs. Irving Shaw of 101 North Central Ave, Wollaston, who were married on Jan. 18, 1900, celebrated their 60th wedding anniversary at Sherry's Restaurant in Quincy. Mr. Shaw was a retired vice-president of South Shore National Bank... Munroe D. MacLean, director of health education of the Quincy Schools, spoke to the Squantum PTA. His topic: "Health and Physical Education Programs in the Quincy School System"... The 1960-1961 Quincy City Council held its first meeting on Jan. 8, 1960. The four new councillors: George Burke, Ward Five; Joseph J. LaRaia, Ward Two; James S. McCormack, Ward Three, and George B. McDonald, Ward Four; all took an active part in the proceedings... Local 792, AFL-CIO Firefighters Association of Quincy held its annual banquet and installation at the Cyril P. Morrisette Legion Post, 54 Miller St., West Quincy.

READERS FORUM

Enough Already

This letter is submitted in response to two letters published in the Jan. 7, 2021 Quincy Sun as regards the City of Boston's plans to rebuild its now-former Long Island Bridge.

To an ask posed in one letter, Quincy Mayor Tom Koch asked the City Council for a special \$250,000 appropriation of tax money to fight Boston's plans in the fall of 2018 and the ask was approved.

Then a year ago, the Koch Administration acknowledged having spent \$400,000 fighting the bridge. Who only knows, however, how much more money Mayor Koch has further spent in the past year. That or how much he has expended via the application of city employees' workdays to fight the bridge and so taking them away from doing beneficial work on behalf of local residents since Boston first announced its plans to rebuild its bridge.

And as for the other letter, it called for Boston to treat Quincy as an equal partner or the bridge will not happen.

Such a position is untenable, if not also ludicrous.

For starters, Boston will be paying for ALL of the cost of the planned bridge out of its own reserves and mostly care of parking ticket revenue.

Conversely, from the moment Boston Mayor Marty Walsh formally announced his plans to rebuild the bridge three years ago, Quincy has fought Boston's plans, including in ways found to be illegal in court.

So what, apparently, for the fact that Boston's rights in this matter are basically akin to a homeowner rebuilding her or his home after a catastrophic event -- file for the appropriate permits, meet applicable building codes and a building permit should be granted.

Squantum NIMBYS, however, feel otherwise even if Long Island is at least a mile away from their backyards and Mayor Koch is willing to waste many hundreds of thousands of dollars of taxpayers' money on a quixotic quest so as to placate them and play the Delay Game.

The key argument against the bridge is traffic. This argument is baseless as the traffic level during the era of the old bridge is

grandfathered, not to mention that Boston's changing the primary use of the island to a residential treatment program from overnight homeless sheltering will likely significantly reduce traffic to and from the island as compared to when the old bridge was in use.

The Koch Administration has also foisted all manner of engineering and environmental demurs in spite of the fact that Boston's plans are consistent with best practices for such projects. In fact, as well as laughably, one of the administration's key criticisms over a structural design that Boston does not plan to employ.

Additionally, opponents of the bridge have long proposed that Boston can rely on ferry service. Say what they may, ferry service is not viable for reasons ranging from logistical infeasibility to prohibitive costs to unacceptable isolation in the event of only to be expected health emergencies.

Further, there have long been rumors foisted that Boston is planning to see considerable development on the island.

Reality: Boston is variously as well as tightly limited as to what it can do on the island -- essentially but healthcare and recreational uses -- as well as faces various infrastructure and other limits to utilize the island.

Accordingly, given Quincy's abject lack of viable ar-

Two Quincy Students On Bucknell Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Bucknell University in Lewisburg, PA.

They are: Yanjing Huang, Class of 2022; and Siobhan O'Sullivan, Class of 2024.

Bill Zamzow
Washington Street
Quincy



Callahan Construction Supports School ~ Community Partnership

Callahan Construction, an Executive Level Sponsor (\$10,000) of the Quincy School Community Partnership, has been a prominent QSCP partner for the past four years. Callahan's generosity and support of Quincy Public Schools Career Vocational and Technical Education students is unequalled. Callahan initiatives include:

- Women in the Trades Summit
- Summer Internships for Students
- Student Visitations to

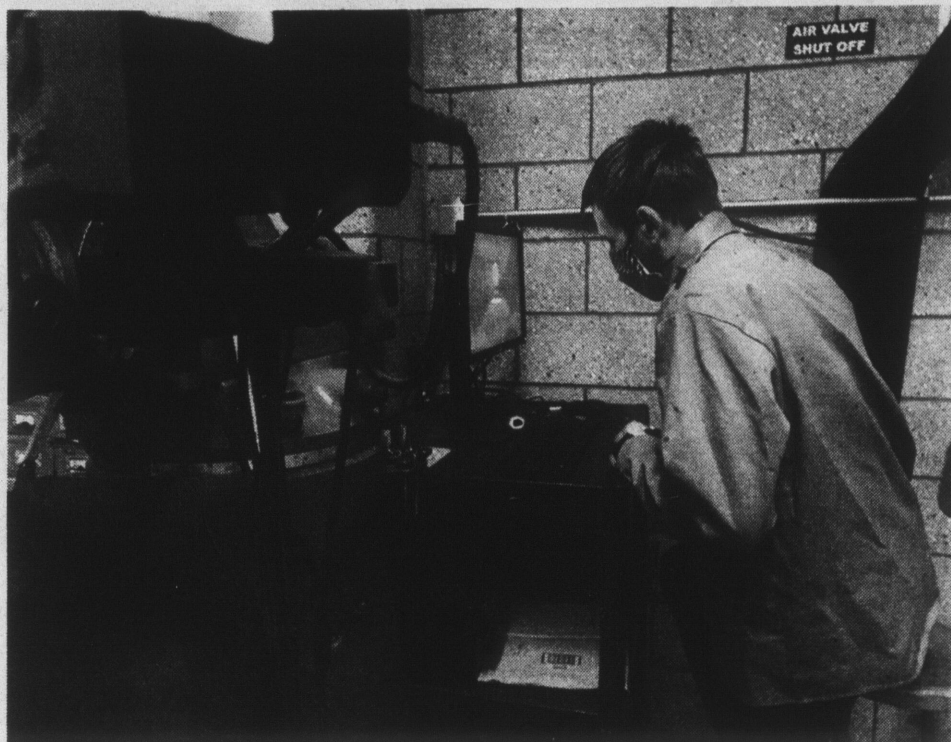
Construction Sites

- Program Advisory Team participation, and
- Participation interviewing Quincy Public Schools Outstanding CVTE Student of the Year.

This year, Callahan Construction is sponsoring an exciting new initiative: Trades beyond the Bell. This 10-week afterschool program is for students currently enrolled in Quincy High School's Career Vocational and Technical Education program and encompasses the following trades:

carpentry, electrical, plumbing and metal fabrication and joining technologies. Trades beyond the Bell provides hands-on engagement, safety awareness, technical skills, as well as 40 additional program shop hours for plumbers and electricians. Approximately 25 students are currently enrolled in the program.

Special thanks to Callahan Construction for being a devoted and generous partner of the Quincy School ~ Community Partnership.



Save Time And Increase Success By Creating A Garden Calendar

By MELINDA MYERS

Ring in the New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish those two resolutions, while also improving your mood, reducing blood pressure, managing anger, maintaining flexibility and much more.

So, gather anyone that shares in your gardening efforts and landscape projects. Grab a calendar and make some gardening plans for the year ahead. Consider including a monthly project that you all can share and one that moves you closer to your long-term gardening and landscaping goals.

Start the year right by growing some microgreens. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients as the leaves of the full-grown plant.

Take some time to inventory your current seed collection. Decide what seeds you want to keep and grow this season and those you want to pass along to gardening friends. You may choose to make seed art with older or improperly stored seeds and invest in fresh seeds that are sure to germinate.

Once you complete

your inventory, review new catalogs, and make a list of seeds and plants you want to include this year. Order early for the greatest selection and availability. A recent increase in gardeners means more people shopping for the seeds and plants you want to buy.

While you wait for your seed order to arrive, prepare a space and organize supplies for starting any seeds indoors as needed. Clear a space, check your grow lights, and gather the needed seed starting mix and clean containers. Soak used containers in a one-part bleach and 9-parts water solution for ten minutes. Then rinse with clear water before reusing them this year.

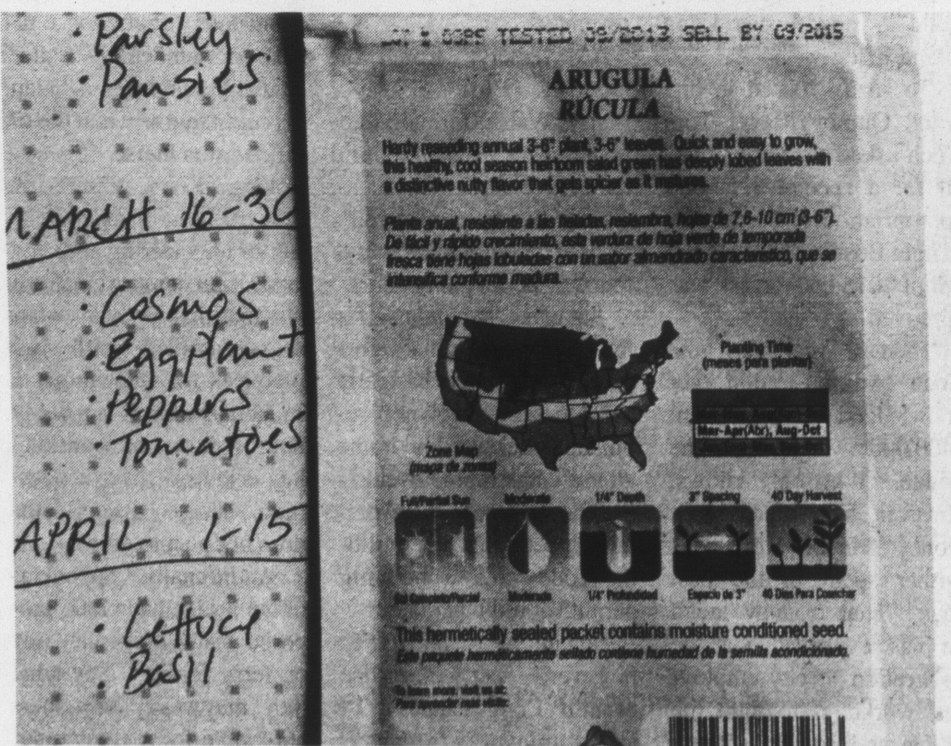
Once you know what you want to grow, it is time to create a seed starting calendar. Check the catalogue, University Extension recommendations, and back of the packet to determine when you need to start the seeds indoors or out. Include dates for starting seeds indoors and directly in the garden. Note the recommended date for moving transplants into the garden. Add in time as needed to harden off transplants. Gradually introducing plants to the garden environment over a two-week period reduces transplant shock and increases your success.

Mark your calendar for peak harvest times in your region. Make sure to allow sufficient time for harvesting and preserving. Supplement your own harvest with produce from farmer's markets and pick-your-own farms. Most post expected picking and produce availability dates on their website, so you can plan ahead. As the season begins, confirm picking times and invite family and friends for a harvest and preservation party.

Record all this information on your calendar, garden chart or a spreadsheet to help keep your gardening efforts on track. This will also help you identify the best time to embark on larger landscaping projects or hire a plant sitter when you are away from the garden.

Make this the year you resolve to accomplish your gardening goals in a timely manner. You'll maximize your harvest, enjoyment, and other gardening benefits.

Melinda Myers is the author of gardening books and hosts The Great Courses "How to Grow Anything" DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.MelindaMyers.com.



CHECK THE BACK of the seed packet to determine when to start seeds indoors and when to move the transplants into the garden.

Photo Courtesy MelindaMyers.com

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Social Security Matters

Ask Rusty: Do COVID-19 Bonuses Count Toward The Earnings Limit?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I'm 63 and still working, and I receive Social Security benefits. Because of COVID-19 my employer has been giving us a \$300 bonus, every 3 months. This will be \$1,200 for the year and it will put me over the \$18,240 earnings limit for this year. My question is, since these bonuses are COVID-19 related are they still considered earned income? My second question is, if I go over the limit does Social Security stop my check, even if it might be a portion of the check? **Signed: Working During COVID-19**

Dear Working: Whether your 2020 earnings (and those bonuses) put you over the annual earnings limit will depend upon how the bonuses are reported on your Federal income tax return (or your W-2 if you aren't required to file). Your employer will send your W-2 earnings to the IRS which will, in turn, inform Social Security of your earnings. Social Security compares your 2020 W-2 earnings to the earnings limit to see if you exceeded the allowable limit. In other words, how your employer defines those COVID-19 bonuses and reports it to the IRS determines whether SS will count them toward the earnings limit. You should check with your employer's Human Resources department to see if your COVID-19 bonuses will be considered as taxable earnings reportable on your W-2.

If you exceed the limit, and you don't inform Social Security in advance that you did, they won't know about it until they receive your W-2 information from the IRS (sometime next year, after you file your income taxes). They will then send you a notification that you exceeded the limit and tell you how much you owe them, and they will want to recover \$1 for every \$2 you are over the limit (half of what you exceed the limit by). They'll give you the option to repay what they consider to be an overpayment in one lump sum, request a repayment plan or to have your SS benefits withheld for as many months as it takes for them to recover what you owe. Note they only withhold full months of benefits, not partial, so you could go several months without collecting any SS benefits until they recover what is owed.

The money they withheld because you exceeded the limit is not lost forever, because when you reach your full retirement age (66 ½ if you turned 63 in 2020) they will give you time credit for any months they withheld benefits. That means they will move your effective claim date forward by the number of months benefits were withheld, which will result in a small increase in your benefit amount. But you'll get that higher benefit for the rest of your life, enabling you to eventually recover the money they withheld because you exceeded the limit. And for information, during the year you reach your full retirement age (FRA) the limit goes up and the penalty is less, and once you reach your FRA there is no longer a limit to how much you can earn while collecting benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

24 Quincy Students On Curry College Dean's List

Twenty-four students from Quincy have been named to the Dean's List for the fall semester at Curry College in Milton.

They are:

Sinead Kelly, Floridaia Bouma, Ariana Monteiro, Caroline Walsh, Jaclyn Donahue, Olivia Haney, Tashiia Herrington, Lilia Leonard, John Ross McEvilly, Erin Turner, Taylor Kinsley, Julie Nabstedt, Jake O'Brien, Daniel Casey, Samantha Falconieri, Abby Gilmartin, Barbara Manning, Victor Nguyen, Amelia Wool, Kenny Tran, Scott MacPherson, Colleen Pacioretti, Michaela Monahan and Aidan Perry.

Social

Managing A Difficult Insect Pest On Houseplants

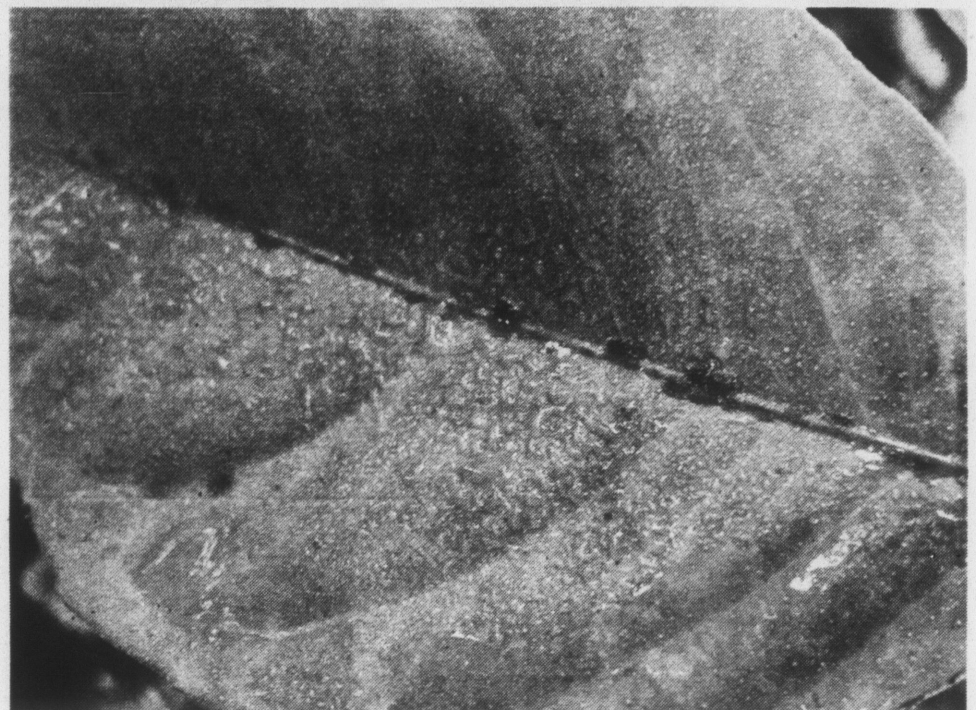
By MELINDA MYERS

A sticky substance on plant leaves, plant stands, and the floor are often the first clue alerting gardeners to a problem. If a closer look reveals bumps on the upper and lower surface of leaves and stems, it means scale insects have moved in to dine on your houseplants. Severe infestations can cause leaf yellowing, stunting and die-back of the plant.

If you have battled these insects, you know they can be challenging to control. Arm yourself with an understanding of their lifecycle and be persistent to successfully manage these pests.

Scale insects have needle-like mouthparts that allow them to pierce the leaf and stem surfaces. They suck plant sap through a tube-like structure just as if they were drinking from a straw. These are one of several insects that secrete drops of a clear, sticky substance, called honeydew, as they feed. A black fungus known as sooty mold may grow on the honeydew. It does not directly harm the plant, but it looks bad. In severe cases, sooty mold can prevent sunlight from reaching the leaves, causing them to yellow.

Adult scale insects form coverings that protect them from adverse environmental conditions and most chemical controls. Eggs hatch under this protective covering and the immature scale, called crawlers, emerge looking for a place to feed.



SCALE INSECTS MAY be dining on your houseplant if you notice a sticky substance on its leaves and bumps on the upper and lower surface of the plant's leaves and stems.

Photo Courtesy MelindaMyers.com

Once settled, the crawler continues to grow, shedding layers of skin. These layers of shed skin, or waxy layers, form their protective covering.

Isolate infected plants as soon as you discover the problem. This will reduce the risk of this pest spreading to your other plants.

You can remove the adult scales with a toothpick, tweezers, or an old toothbrush. Repeat every few weeks until you have this pest under control. This may be sufficient to control small populations, but if you miss even one adult the problem persists.

The crawler stage is the most susceptible to chemical control. You will need

a hand lens or magnifying glass to see these short-lived crawlers. Insecticides and washing small plants with a plant-safe soapy water solution can help manage small populations. Cover the pot and soil to prevent any scale knocked off during the bath from crawling back onto the plant.

Increase your chance of success with the help of an organic insecticide like Summit Year-Round Spray Oil (SummitResponsibleSolutions.com). This lightweight oil suffocates and controls all stages of the scale insect, including the adult and eggs housed under the protective covering. Repeat applications are needed to get this insect under control.

This product is safe for people and pets while harmful to this and other houseplant pests. As always read and follow label directions for the most effective results.

Clean the pot, saucers, plant stands and the area around infected plants to remove any honeydew and unseen crawlers. This along with proper control will reduce the risk of these insects infesting treated and nearby plants.

Continue to monitor all your plants for scale and other insects each time you water. It is much easier to manage small populations than larger infestations on more plants.

MountainOne Awards \$100,000 In COVID Recovery Grant Funds

MountainOne is pleased to announce they have awarded \$100,000 in grant funds from the Federal Home Loan Bank of Boston (FHLB-B) Jobs for New England Recovery Grant pool to nine deserving agencies in the Berkshires and the South Shore.

As a member of the FHLB-B, MountainOne applied for and was awarded \$100,000 in grant funding to be distributed directly to organizations impacted by the COVID-19 pandemic. Parameters for the grant included the recipient organization having annual revenues under \$5,000,000, a certified need based on COVID-19 impacts, and being in good standing with the Commonwealth.

MountainOne Vice President of Community Engagement Kelli Kozak noted, "MountainOne's leadership team took special care to nominate organizations that are in need of funding to continue their important work, but that also have solid manage-

ment, excellent reputations, and meaningful partnerships with us and our communities. We are so pleased to award these impactful funds to deserving agencies."

The \$100,000 grant pool is being distributed among nine agencies that serve both MountainOne's Berkshire and South Shore communities.

Local organizations receiving grants are:

- Interfaith Social Services, Quincy – Food pantry and social services programming for low-income individuals

- QARI (Quincy Asian Resources, Inc.) – Resources and support for the Quincy Asian community

The agencies expressed their appreciation to MountainOne and the Jobs for New England program.

Executive Director Rick Doane stated, "Interfaith Social Services is incredibly grateful for MountainOne Bank's partnership. Since the pandemic began, our food pantry has seen a record setting number of

people seeking assistance. With this grant, our volunteers and staff members will be able to maintain this vital program and ensure that

thousands of hungry Massachusetts residents will receive the food and basic hygiene supplies that they need for their families."

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Father Bill's Receives \$25,000 Grant From Eastern Bank Foundation

Father Bill's & Main-Spring (FBMS), a regional leader of services to prevent and end homelessness, has received a \$25,000 grant from Eastern Bank Charitable Foundation (EBCF) to assist individuals and families struggling during the pandemic.

The grants are part of a

commitment from the Eastern Bank Charitable Foundation to provide financial support to local organizations focused on COVID-19 relief.

In total, Eastern Bank Charitable Foundation provided FBMS with three grants in 2020, totaling \$45,000. The grants have

helped FBMS meet the growing need for its services across Southern Massachusetts since the onset of the pandemic.

In December, Eastern Bank featured FBMS on its Give for Good charitable-giving platform, which makes it easier for Eastern Bank customers to donate

to local non-profit organizations.

"This past year has been by far the most difficult in our agency's history, and the reason we have been able to continue providing hope to our neighbors in need is because of generous organizations like the Eastern Bank Charitable Foundation," said John Yazwinski, president and CEO of FBMS. "These grants have allowed FBMS to operate additional space to provide safe shelter and basic needs to guests in Quincy and Brockton, many of whom are elderly or immunocompromised. We are very grateful to the Eastern Bank Charitable Foundation for stepping up and supporting our mission at this most critical time."

During the early days

and weeks of the pandemic, Eastern Bank Charitable Foundation began to lend its support as quickly as possible, and it has steadily increased throughout 2020 the amount of unsolicited grants to nonprofit organizations. In total, \$11 million in COVID-19 relief grants has been provided to hundreds of local and regional organizations in Massachusetts, New Hampshire and Rhode Island in 2020.

The most recent funding supports organizations focused on housing stability, homelessness, food security, and essential services and utilities for low- and moderate-income individuals and families.

FBMS is receiving a grant for its work in addressing housing insecurity

ties compounded by the virus outbreak.

"Housing, homelessness and food insecurity have long been challenges in our local communities that are being made worse by the double impact of the pandemic and approaching winter season," said Nancy Huntington Stager, president and CEO of Eastern Bank Charitable Foundation. "Thank you to the organizations and people bravely working on the front lines to support our neighbors in need providing vital assistance during these times. The need for corporate philanthropic support of our nonprofit partners is as great now as it was at the beginning of the pandemic, and we invite those who can to join us in giving their support."

Aileen Farrell Graduates NU Magna Cum Laude

Aileen Farrell of Quincy graduated in December from Northeastern University

magna cum laude with a bachelor's degree in graphic design.

Aileen is the daughter of John and Stacey Farrell.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO



Honey Bars With Coconut And Oats

By MARIE

Today's recipe is called Honey Bars. They say that baked goods containing honey will have an exquisite taste and stay fresher longer. Many desserts use honey and a little sugar also as you will see in this recipe. These bars also contain delicious coconut and oatmeal -sound good?

Preheat oven to 350 degrees. Grease a 10.5 x 15-inch baking pan

Ingredients and Directions

1/2 cup butter
1/2 cup granulated sugar
1/2 cup honey
1 egg, well beaten
2/3 cup of flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder

1/4 teaspoon salt
1 cup of oats
1 cup coconut flakes
1 teaspoon vanilla
1/2 cup chopped nuts (optional and your choice of nuts)

Mix together the sugar and honey until light and fluffy.

Add the egg and mix until well-blended.

Add the flour, baking soda, baking powder and salt and mix thoroughly.

Now add oats, coconut, vanilla and optional nuts.

Spread in a greased 10 1/2 x 15 pan. Bake in a 350-degree oven for 20 to 25 minutes.

Let cool and then cut into bars.

Sprinkle confectionery sugar over top before serving.

You can cut the bars either into 1 and 1/2 inches or 2 and 1/2 inches and they yield about 36 bars.

Grain Free Herb Sesame Crackers

By SUZIE

Crackers are something many folks crave (salty crunchy) with either a dip or with some cheese, and end up eating too many or eating the kind out of a box made with refined flours and sugars.

These crackers are gluten and grain free, loaded with protein, as well as fiber, calcium, healthy fats, and some important vitamins and minerals not found in your everyday crackers.

Did you know that a serving of sesame seeds contain more calcium than a glass of milk? These are easy too!

Grain Free Herb Sesame Crackers

3 cups almond flour (I use Honeyville brand, you can get online, it is by far, the best and fluffiest)

1 1/2 tps sea salt
1/2 tsp garlic powder
1/2 tsp onion powder
1 cup sesame seeds
2 tablespoons olive oil or avocado oil
2 eggs

Preheat oven to 350. In one bowl combine dry ingredients and in the other combine eggs and oil. I like to mix well with a mixer or immersion blender. Combine and mix well with wooden spoon.

Place dough between 2 pieces of parchment paper and roll to about 1/16 inches. Take off top piece and cut into squares with sharp knife or even a pizza cutter. You can even use cookie cutters.

Bake about 12 minutes until lightly golden.

4 Reasons It's Time For Your Household Or Business To Go Green In 2021

A Gallup survey shows high enthusiasm among Americans for renewable energy sources like wind and solar, and a growing number who think the U.S. should put less emphasis on fossil fuels like oil and coal.

But amid the growing concerns about climate change and experts' beliefs that fossil fuels are largely responsible, Americans wonder whether transforming to green energy would benefit their budget and the U.S. economy as well as the environment. Steve Melink, ForbesBooks author of "Fusion Capitalism: A Clean Energy Vision For Conservatives," says yes.

"People make the argument that the fossil-fuel energy economy we have has been good to this country," Melink says. "They like driving the car they have, and they don't want to change their way of life."

"But there are some serious, well-documented problems with our fossil-fuel-centered economy that we all pay for, and the cost to our health and environment is one we can simply no longer afford to pay. 'Business as usual' has run out of time as a plausible option. The time to upgrade to green is now, for consumers and businesses. And along with saving our planet, it would be great business for this country, because we have all the tools necessary to make it a win-win."

Melink lays out some economic benefits for U.S. consumers and businesses in transitioning from fossil fuels to green energy:

• **Reduced costs compared to fossil fuels.** "The cost of renewable energy

has plummeted to the point where almost every source of green energy is competitive with oil, coal, and gas-fired power plants," Melink says. "Data trends show that it soon will be no contest, with clean energy easily outdistancing fossil fuels on a simple cost basis."

• **Long-term savings with solar panels.** While the initial cost of solar panels can be \$10,000 or more depending on the size of the house, their main appeal is the ability to save homeowners money on electric bills in the long run. Some estimates list savings of more than \$1,000 per year over a 30-year period. "Photovoltaic cells are the main component that makes up a solar panel, and their best feature is they have no moving parts, thus requiring virtually no maintenance," Melink says. "Utility rate inflation is an incentive for solar. When you generate your own energy with a rooftop PV system, you're locking in energy costs at a constant rate. The future of solar, however, will be combined with storage solutions that can provide dependable solar power even when the sun doesn't shine."

• **Geothermal system efficiency.** "A geothermal system doesn't have to work as hard heating and cooling the home because it uses the constant temperature below the earth's surface," Melink says. "It requires some electricity to run, but it returns three to five times as much energy as it requires." Numbers from the US Environmental Protection Agency (EPA) show that homeowners using geothermal systems may realize savings of

30-70% on heating costs and 20-50% on cooling costs.

• **High production potential.** Melink thinks the U.S. has the capability of becoming a world leader in green energy production - if more of the business community gets on board. "American companies that invest in renewable energy for themselves will also be investing in what could be a major growth industry for the nation," he says. "But if American businesses wait to embrace renewable energy as consumers, then we lose the chance to make our country a leader on the production side. Other countries will be eager to take over that role."

"America is behind in the global picture of renewable energy development," Melink says. "But the fact is that opportunities to lead this energy boom are, as Rockefeller discovered at the outset of the oil century, particularly grand for Americans."

Steve Melink is the founder/CEO of Melink Corporation, a Cincinnati, Ohio-based company considered a pioneer in renewable energy solutions for the commercial building industry. Melink's company has worked with retail, restaurants, hotels chains, hospitals, nursing homes, universities, and supermarkets. Melink is a national speaker on sustainability, clean energy and zero-energy buildings, and he has consulted with federal and state legislators. He earned a BS in mechanical engineering from Vanderbilt University and an MBA from Duke University.

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Heart Failure: Signs, Symptoms, Treatment

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Heart failure, also known as congestive heart failure, occurs when your heart muscle doesn't pump blood as efficiently as it should.

Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, can progressively leave your heart too weak or stiff to fill and pump proficiently. Heart failure can be ongoing (chronic), or may start suddenly (acute).

Signs and symptoms of Heart failure may include:

- Shortness of breath (dyspnea) when you exert yourself or when you lie down
 - Fatigue and weakness
 - Swelling (edema) in your legs, ankles and feet
 - Rapid or irregular heartbeat
 - Reduced ability to exercise
 - Persistent cough or wheezing with white or pink blood-tinged phlegm
 - Increased need to urinate at night
 - Swelling of your abdomen (ascites)
 - Sudden weight gain from fluid retention
 - Lack of appetite and nausea
 - Difficulty concentrating or decreased alertness
 - Sudden, severe shortness of breath and coughing up pink, foamy mucus
 - Chest pain if your heart failure is caused by a heart attack
- Heart failure often develops subsequent to other conditions having damaged or weakened your heart. In heart failure, the ven-

tricles, the main pumping chambers of your heart, may become stiff and not fill properly between beats. In some cases, your heart muscle may become damaged and weakened, and the ventricles stretch to the point that the heart is unable to pump blood effectively throughout your body. As time progresses, the heart can no longer keep up with the normal demands placed on it to pump blood to the remainder of your body.

An ejection fraction is a significant measurement of how well your heart is pumping and is used to help classify heart failure and guide treatment. The ejection fraction of a healthy heart is 50 percent or higher, meaning that more than half of the blood that fills the ventricle is pumped out with each beat. Keep in mind that heart failure can occur even with a normal ejection fraction and can occur if the heart muscle becomes stiff from conditions such as high blood pressure.

The term "congestive heart failure" comes from blood backing up into, or congesting the liver, abdomen, lower extremities and lungs. Conversely, not all heart failure is congestive. It is possible to have shortness of breath or weakness due to heart failure and not have any fluid building up.

Heart failure can involve the left side (left ventricle), right side (right ventricle) or both sides of your heart. Generally, heart failure begins with the left side, specifically the left ventricle, and your heart's chief pumping chamber.

Certain conditions that

occur can damage or weaken your heart and can be the source of heart failure. Some of these can be present without your realizing it:

- Coronary artery disease and heart attack
- High blood pressure (hypertension).
- Faulty heart valves.
- Damage to the heart muscle (cardiomyopathy).
- Myocarditis.
- Heart defects you're born with (congenital heart defects).
- Abnormal heart rhythms (heart arrhythmias)
- Other diseases. Chronic diseases such as diabetes, HIV, hyperthyroidism, hypothyroidism, hemochromatosis or amyloidosis also may contribute to heart failure.

Causes of acute heart failure include viruses that attack the heart muscle, severe infections, allergic reactions, blood clots in the lungs, the use of certain medications or any illness that affects the whole body. A solitary risk factor may be sufficient to cause heart failure, but a combination of factors also increases your risk.

With proper treatment in some, heart failure may improve. However, heart failure can be a life-threatening situation. People with heart failure may have severe symptoms, and some may require extraordinary measures such as heart transplantation or support with a ventricular assist device.

To diagnose heart failure, your healthcare provider will take a careful medical history, review your symptoms and perform a physical examination. They will

also check for the presence of risk factors, such as high blood pressure, coronary artery disease or diabetes.

After the physical exam, your doctor may also order some of these tests:

- Blood tests.
- Chest X-ray
- Electrocardiogram (ECG).
- Echocardiogram.
- Stress test.
- Cardiac computerized tomography (CT) scan or magnetic resonance imaging (MRI).
- Coronary angiogram.
- Myocardial biopsy.

Treating the underlying cause can occasionally correct heart failure. But for the majority of people, therapy involves a balance of the right medications and, in some cases, use of devices that help the heart beat and contract appropriately. A combination of medications to treat heart failure as well as other heart medications such as nitrates for chest pain, a statin to lower cholesterol or blood-thinning medications to help prevent blood clots may be pre-

scribed. Supplemental oxygen through a mask or small tubes placed in your nose may be necessary at times and can be long term if you have severe heart failure.

In some instances, doctors recommend surgery to treat the underlying problem that led to heart failure. Some treatments being studied and used in certain people include:

- Coronary bypass surgery
- Heart valve repair or replacement.
- Implantable cardioverter-defibrillators (ICDs), a device similar to a pacemaker.
- Cardiac resynchronization therapy (CRT), or biventricular pacemaker.
- Heart pumps
- Heart transplant

Even with the myriad of treatments available for heart failure, the possibility still exists that your heart failure may deteriorate to the point where medications are no longer effective and a heart transplant or device is not an option. If this occurs, hospice care is an alterna-



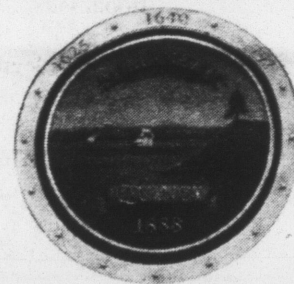
RUTH JONES

tive that provides a special course of treatment to terminally ill people.

Managing heart failure requires an open dialogue between you and your doctor. Be honest about whether you're following recommendations concerning your diet, lifestyle and taking medications. Don't be hesitant about asking your doctor questions concerning living with heart failure. They often can suggest strategies to help you get and stay on track. Although many cases of heart failure can't be reversed, treatment can frequently improve symptoms and help you live longer. You and your doctor can combine efforts to help make your life more comfortable.

Ruth Jones is the health commissioner for the City of Quincy.

PUBLIC NOTICE



City of Quincy 2021 City Census In The Mail

The 2021 City Census form is being mailed to every household in Quincy. City officials ask that residents update their information and return the census form as soon as possible in the postage paid envelope provided.

Compliance with the City Census is a state requirement, which provides proof of address for school age children, voting rights, veteran's bonus, housing and related benefits – as well as to ensure voters remain on the active voting list.

For assistance, please call the City Clerk's Office election department at 617-376-1143.

Carney Hospital Welcomes

Rheumatology Specialist, Vibha Inamdar, MD

Carney Hospital welcomes Rheumatology Specialist, Vibha Inamdar, MD. The addition of Dr. Inamdar expands the team of expert physicians at Carney Hospital and enhances access to family care in the Dorchester community.

Dr. Inamdar earned her medical degree at Sardar Patel University in India and completed her residency at Tufts Medical Center in Boston.

"We are proud to wel-



Dr. VIBHA INAMDAR
come Dr. Inamdar to the
Carney Hospital family."

said Lawrence Hotes, MD, Chief Medical Officer. "Dr. Inamdar understands the needs of our community and is well qualified to deliver high-quality care to our patients and their families."

Dr. Inamdar is accepting new patients in Carney Hospital's Multi-Specialty Practice located within the Seton Medical Building, Suite 210, 2110 Dorchester Ave., Dorchester. Call 617-506-4930.

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On Monday, Jan. 11, after a months-long investigation into a Drug Trafficking Organization operating throughout numerous South Shore communities, the Quincy Police Drug Control Unit executed five (5) search warrants: four (4) in Quincy and one (1) in Weymouth. The results of the search warrants produced the following contraband:

4 handguns with extended magazines, 1 handgun (possible machine gun) with a silencer attached, \$384,000 cash, approximately eighteen (18) kilograms ("kilos") of cocaine, fentanyl and crack cocaine (with a value of approximately \$750,000), eleven (11) pounds of marijuana (with a value of approximately \$22,000); eight (8) individuals were arrested.

Charges involved in this investigation include:

Trafficking in cocaine >200 grams, trafficking in fentanyl >200grams, possession of a machine gun, possession of a large capacity firearm, possession with intent to distribute Class B, use of a firearm in a felony, possessing firearm without FID card, possession with intent to distribute Class D, improperly secured firearms, and conspiracy. This investigation is still ongoing. All eight co-defendants in the matter were arraigned at Quincy District Court.

The Quincy Drug Control Unit was assisted by members of the South Shore Drug Task Force (Braintree Police Department, Weymouth Police Department, and Randolph Police Department) along with Drug Enforcement Administration Tactical Diversion Squad (TDS) Group in the execution of these warrants. The South Shore Drug Task Force is comprised of the following communities: Braintree; Weymouth; Randolph; Milton; Holbrook; Cohasset; Norfolk County Sheriff's Office; and Quincy, as the host community. The purpose of this task force is to combine resources and work together for the residents of these communities.

This investigation is still ongoing. All eight co-defendants in the matter were arraigned at Quincy District Court. Six males are being held pending a dangerousness hearing to be held on Tuesday, Jan. 19. Two females were ordered held on \$50,000 cash bail and ordered to return to Quincy District Court on Jan. 25.

On Jan. 6, the Quincy Police Drug Control Unit was investigating a possible Drug Trafficking Organization out of a rental garage facility located in the residential area of Wollaston. Detectives discovered a large-scale, illegal pill manufacturing operation based in a single-stall rental garage on the property. Detectives also discovered a large quantity of fentanyl, powder base precursors, and commercial-grade pharmaceutical pill presses and machinery used in manufacturing. All of these illegal items were self-contained in a portable trailer.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

Detectives secured the site and determined there was no danger to the public. Detectives then contacted the Quincy police detective Task Force Officer assigned to the Boston office of the Drug Enforcement Administration. This activated the DEA Clandestine Lab Response Team. The decision was made to tow the trailer and secure it at police headquarters. The purpose of the response team is to professionally and safely dismantle the equipment, along with the neutralization and disposal of all chemicals associated with the operation.

The partnership between Quincy Police and DEA, along with the collaboration of the Task Force Officer initiative, demonstrates the importance of local and federal agencies working together to ensure the safety of our communities and the proper disposal of illegal materials. The investigation with our federal partners is ongoing.

Please congratulate Officer James Silcox and Sergeant Stephen Igo on their recent retirement from the Quincy Police Department.

Officer Silcox retired on Monday, Jan. 11 after 34 years of service to the City of Quincy. Jimmy originally worked as a Quincy firefighter, joining the Quincy Police in 1989. He spent time in Patrol, the Motorcycle Unit, the Marine Unit, and most recently the Community Police Unit. He is a U.S. Navy veteran.

Sergeant Steve Igo retired on Friday, January 15, 2021. Steve joined the Quincy Police Department in 1987, following in the footsteps of his father, Jack Igo. He was promoted to sergeant in December 2004. Steve spent his whole career exactly where he wanted to be: in patrol. His quick wit and sense of humor will be missed by all.

Please welcome three more of our newest officers: Officer Sean Harrington, Officer Andrew Minton, and Officer William Murphy. All three men are military veterans and hold bachelor's degrees.

Sean joins us from the Norfolk County Sheriff's Office. He served eight years active duty in the U.S. Air Force and two years in the Air Force Reserve. He is married with two children and is the first police officer in his family!

Andrew has a bachelor's degree in sociology and is cur-



Sgt. Stephen Igo (left) and Officer James Silcox (right)

rently enrolled in a master's program. He served in the U.S. Army and is currently in the National Guard. He is a second-generation Quincy Police Officer. His father, Dan Minton, recently retired from the Quincy Police Department as the lieutenant assigned to the Crime Prevention Unit. Following in his father's footsteps, he has some pretty big shoes to fill here at Quincy PD, but we can already tell he is up for the challenge. Speaking of challenge, Andrew's hidden talent is checkers, and we've already had quite a few people offer up a friendly competition. We'll see....

Officer William Murphy served in the U.S. Marine Corps for four years as a Military Police Officer. He is married with two 4-legged babies. He has a bachelor's degree in criminal justice. He comes from a family of law enforcement officers. He is a third-generation police officer - his father and grandfather both serve on the Woburn Police Department.

Thank you for your military service and welcome to the Quincy Police gentlemen.



Officer Sean Harrington, Officer Andrew Minton and Officer William Murphy. Photos Courtesy Quincy Police Department

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JAN. 8

BREAKING AND ENTERING/PAST (male) 6:49 a.m., Brook Road. Male with a face mask and hoodie and glasses reportedly with a firearm in right hand seen on caller's surveillance cameras walking round his unit now states male in upstairs unit. Caller's account confirmed on video showing male inside around midnight.

LARCENY (past), 4:57 p.m., West Elm Avenue. Call reporting party she lives in Brockton. Phone stolen at an AirBnB in Quincy and they made transactions on cash app. States up to \$4,000.

SATURDAY, JAN. 9

LARCENY/MOTOR VEHICLE (past), 5:12 p.m. Atlantic Street. Form completed, case number provided. Incident closed. Second check McAvoy form shows keys left in MV.

SUNDAY, JAN. 10

ASSAULT AND BATTERY (unresponsive), 7:33 p.m., Brook Road. Brewster notified. NIBRS and complaints A & B.

MONDAY, JAN. 11

LARCENY (hub cap stolen), 8:54 a.m., Quarry Street. In QPD lobby. Reporting party states building does not have camera on it but not sure if it captured the suspect. Reporting party states he does not want a report written just wants it to be logged. Party advised and given case number.

BREAKING AND ENTERING/PAST, 10:08 a.m., Alpha Omega Hobby, 1515 Hancock St. Front door smashed in and products in front of building. Owner is out front of the building; has not gone in yet.

LARCENY (Chrome Book stolen), 3:33 p.m., Nine-Nine Restaurant Pub, 59 Newport Ave. Taken from the front host podium. Happened 8 a.m. today. Manager on scene.

TUESDAY, JAN. 12

LARCENY (scooter), 11:24 a.m., Walgreen Phar-

macy, 330 Hancock St. Male was meeting for a potential buyer for his scooter. Ran into Walgreens and when he came out his scooter was missing. Caller states he only knows the man by the first name of Justin. He states scooter was not registered or have plates on it. Black scooter with Viper on the side. Caller states he left keys in the scooter. BOLO given for male with dark hoodie who stole gray motorized scooter.

VANDALISM/PROPERTY (2020 Chrysler 300), 11:54 a.m., Curtis Avenue. In QPD lobby. Caller states that someone keyed his rear driver side door. Not sure when it happened, but he believes it may have occurred between the hours of 12:30 Jan. 11 and 9:30 Jan. 12.

LARCENY/MOTOR VEHICLE (overdue rental), 12:42 p.m., Enterprise Rent A Car, 500 Adams St. Caller states that they are reporting the date of loss for the 3rd and that renter has been in the car for a month. VA reg# ULW7686.

WEDNESDAY, JAN. 13

VANDALISM/PROPERTY (slashed tire), 7:49 a.m., Blackwell Street. See reporting party at Speedway Gas by air pump. Black Acura sedan. Party advised an officer would be sent out after roll call.

LARCENY (larceny of wallet), 11:44 a.m., Granite Street. Report.

LARCENY (package), 1:08 p.m., Lunt Street. Reporting party is unable to locate a package that was delivered. Need a case number to give FedEx. Case number given.

VANDALISM/PROPERTY (tires slashed), 3:25 p.m., Centre Street. Sent on way. In QPD lobby. Has parties info. Caller did not see anyone only heard air being removed from tire. Case number provided, advised and sent on way.

BREAKING AND ENTERING/PAST, 5:57 p.m., Martensen Street. Caller thinks someone came into her apartment and took her bag with all her items in it. Re-

port to be filed.

VANDALISM/PROPERTY (throwing rocks), 7:34 p.m., Parke Avenue. Caller said someone is throwing rocks at his house.

LARCENY (cell phone), 9:41 p.m., Walmart, 301 Falls Blvd. Party in police lobby; lost phone inside Walmart. Walmart refuses to look at security camera without police. Walmart is closed for the evening. Reporting party advised to handle in the morning. Incident closed. Reporting party now stating security told him they have footage of someone taking his phone once he put it down however they will not release footage to reporting party. Reporting party advised to have a seat and someone will be in to speak with him.

THURSDAY, JAN. 14

LARCENY (check), 9:54 a.m., McAuliffe Law Office, 43 Quincy Ave. Report to be filed.

LARCENY/ATTEMPT (extortion), 11:48 a.m., Victory Road. See caller in police lobby. Report on extortion.

LARCENY (backup camera), 11:49 a.m., Quincy Shore Drive. Attached backup camera stolen from vehicle. Advised officer will call party. Incident closed.

LARCENY (past), 4:14 p.m., Palmer Street. Caller states that her mother passed recently and her cousin stolen many items from the home.

VANDALISM/PROPERTY (female), 8:22 p.m., Hancock Street. Female resident is making a lot of noise, throwing garbage into the hallway, kicking the door, and throwing furniture inside of her apartment.

Breaking & Entering in the Past: Martensen Street, 1500 block Hancock Street, Brook Road

Breaking & Entering MV: Lincoln Avenue, French Street

Larceny MV: Adams Street, Atlantic Street

Calls For Service: 953

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New Short-Term Rental Rules Near Approval

Cont'd From Page 1

meeting, which was scheduled for Tuesday, after The Sun went to press.

The committee on Jan. 11 also approved adopting portions of state law authorizing a local 6 percent excise tax on short-term rentals plus a 3 percent community-impact fee. Those items are also awaiting a final vote.

The committee reviewed the ordinance for the first time in October. During the Jan. 11 meeting, Assistant City Solicitor Stephen Durkin introduced several amendments – all of which were approved – based on feedback from councillors at the earlier session.

The proposed ordinance would regulate short-term rentals, defined as a rental of up to 31 days. The ordinance would apply to short-term rentals offered through companies like Airbnb and Vrbo as well as those offered privately without a broker.

As proposed, the ordinance would prohibit short-term rentals within parts of the city zoned as Residence

A, where only single-family homes are allowed by-right. An amendment approved on Jan. 11 would also make residential units that are not the operators' primary residence ineligible to be rented on a short-term basis, though operators can rent out a separate unit located within the same dwelling as their primary residence, for instance one of the units in a two-family home.

"That would exclude what are called professionally managed properties," Durkin explained.

Palmucci said he found 211 available short-term rentals in Quincy offered through various companies, primarily Airbnb. Of those, 130 are listed on a state-run registry for short-term rentals established by a 2019 law. He was uncertain how many of those 130 are within Residence A neighborhoods because the information he has access to includes only the street name, not a full address.

Without hearing from those property owners who would be impacted, Pal-

mucci said he could not vote in favor of final passage of the legislation but was OK moving it out of committee.

"[I'm] having a hard time voting on legislation that could cost someone their livelihood, especially in these times, without hearing from them directly or knowing the actual impact," he said.

Palmucci suggested he could be OK with the owner of a home in a Residence A neighborhood renting it out for a couple weeks a year while they are away on vacation – something the ordinance would prohibit as written – while he would be more opposed to such a home being rented on a short-term basis year-round by a professional operator.

He added that nearly one-third of the registered short-term rentals in the city are within Ward 4, his ward, but he has received few complaints about them.

Other councillors who spoke during the committee meeting said they have had the opposite experience with short-term rentals in

their wards.

Ward 6 Councillor William Harris said the residents he represents were desperate for the new rules to be enacted. He said homes in the ward are being rented for weekend parties, which he likened to college fraternity parties.

"They are doing the wrong thing and we need to stop it," Harris said. "We need to protect Residence A. We need to protect neighborhoods even if they are not Residence A from this happening, from frat parties taking place where people have lived their whole lives."

Phelan, the Ward 5 councillor who introduced the ordinance, said police have had to breakup parties inside short-term rentals in his ward, even amid the pandemic. He said the legislation should be approved in the near future.

"I don't mind if we go a meeting or two just to iron out all the language, but we need to bring this forward before the pandemic is in our rear view mirror

– before people start to rent these things," he said.

Palmucci said the problematic rentals his colleagues spoke of are unlikely to be the ones who are registered with the state. Because state law requires they be registered, he said the city could shut them down today.

In addition to prohibiting short-term rentals within Residence A areas, the ordinance would also require operators of short-term rentals to register with the city directly. The Inspectional Services Department would be tasked with maintaining the registry and also enforcing the rules of the ordinance. The department would be able to assess fines of \$200 per day for offering an ineligible unit as a short-term rental. Violations of the ordinance or other city codes, such as noise violations, would be subject to a \$100 fine per day. The registration could be revoked for two violations within six months or three violations within 12 months.

The Inspectional Ser-

vices Department and Fire Department would both be responsible for inspecting units after an owner seeks to register them. During the Jan. 11 meeting, councillors voted to have the Health Department inspect the units as well.

The original version of the ordinance required direct abutters be notified of a pending application for a short-term rental. Councillors changed that so ward councillors would receive notifications along with all property owners within 300 feet.

Chris Walker, Mayor Thomas Koch's chief of staff, told councillors it would likely take the Inspectional Services Department 30 to 60 days to get the registry up and running after the ordinance is passed.

Council President Nina Liang proposed an amendment to the ordinance, which her colleagues approved, giving it an effective date of March 15. That could be amended again going forward.

Manet Community Health Center Announces 2021 Slate Of Officers

The Manet Community Health Center Board of Directors convened their Annual Meeting in December, renewed their commitments and installed board officers for 2021.

Board of Directors officers for 2021 include Quincy resident and attorney Robert J. Griffin, who will serve as board president; Quincy resident and director of Finance, Administration for the Quincy Housing Authority Grace Murphy-McAuliffe as vice-president; Quincy resident and attorney Ivan Wong as secretary and East Walpole resident and General Manager at ATI Flowform Products Stephen Keches as treasurer.

"We are sincerely gratified to be able to open the new year with a tremendously strong, dedicated and diverse group of board members," Griffin said. "Individually and collectively, they are dynamic, engaged, thoughtful and never truer to their respective commitments to ensuring unfettered access to health care. The Board remains resolute on the unique and substantial role a federally qualified health center can play in the health of the broader community in all times, including within a novel public health crisis."

Further, Griffin said, "Community Health Center Boards must be constituted by a majority of patients to ensure the patient voice, perspectives and experiences are guiding and influencing

the present and the future of the health center, and this was especially important in this year. Our patient board members astutely and prominently shared their experiences in care and community in this pandemic. Their perspectives supported and impacted outcomes in this pandemic year, including site improvement projects, the opening of a Community Outreach office in Quincy, and our mobile, clinical support and technical assistance programming."

In 2021, the Board remains steadfast to our vision "to be an innovative, compassionate, welcoming health center that is a provider, employer, partner and charity of choice."

The Board will focus this year on: Manet's response to COVID-19, including yet not limited to COVID-19 leadership response, testing and vaccination; operational excellence initiatives including technological upgrades to the registration process, further growth of Telehealth and advocacy to reduce the digital divide for patients; space expansions; and further developing the board of directors to be even more reflective of the communities and patients served.

Returning members to the Manet Board with Board President Griffin include: Anne Bisson, retired Director of Department of Human Services and Council on Aging for the City of Taunton and resident of Fall River;



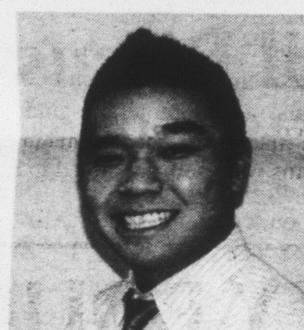
ROBERT GRIFFIN

John Brothers, of Braintree, executive director of the Education and Training Branch of the YMCA of Greater Boston; Samantha Chen of Quincy; Zachary Eaton, of Quincy, New England Area manager for Freedom Warranty; Lawrence Flanagan, retired and resident of Canton; John Galluzzo, a resident of Hanover and grants manager for Codman Square Health Center; Neda



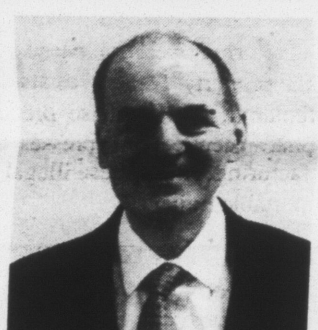
GRACE MURPHY-MCAULIFFE

Hovaizi, DDS, of Milton and owner and practicing dentist at Lumiere Dental Spa in Quincy; Linda Kelly, of Quincy, disabilities advocate; Jane Kisielius, MSN, RN, of Quincy,



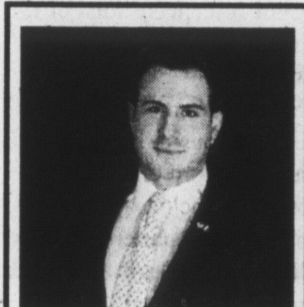
IVAN WONG

retired and former Quincy Public Schools coordinator of Health Services; Joseph M. Reardon, of Milton, vice president for Community Development and Advance Planning at Keohane Fu-



STEPHEN KECHES

neral Home; Henry, "Hank" Rittal, director of Operations Reporting & Analytics at Teladoc Health; and Manet CEO Cynthia Sierra serves as a non-voting member of the board.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Podcasting
Tuesday, February 23

iPhone Camera
Tuesday, March 2

Lighting
Wednesday, January 27

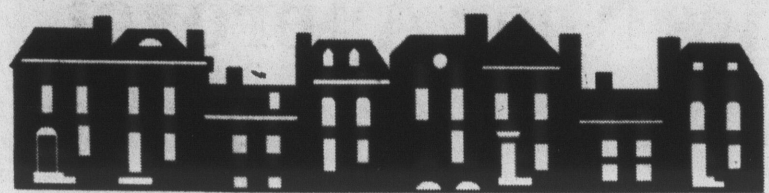
iMovie Editing
Wednesday, February 3
Tuesday, March 16

DaVinci Desktop Editing
Tuesday, February 16

How to Make a PSA
Wednesday, February 10

How to Make a Music Video
Thursday, March 4

Learn a new skill! Membership is not required.
To register for classes go to www.qatv.org/classes,
email: cthemmen@qatv.org or give us a call at
617-376-1440.



Real Estate

Quincy Real Estate Transactions January 11 - January 15

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Yong S. Situ & Bella Y. Choi
Alfred & Anila Trasha
John M. Lacey
Doris J. Koch
Ahjegannie Stanley & Beverly S. George
Massachusetts Lodge #1-I.O.O.F.
Charles V. & Julie R. Disciacca
Margaret H. & Riad H. Boulos
Mary A., Paul A., Steven J. Ricci & Lisa A. Schuman
Quincy Realty Trust
Monahan Brigantine Lane Realty Trust
Clinton D. Cyr
143 & 151 Hancock LLC
Eda Barsoum (Life Estate) & Dina Coyner
R J W Trust
Nguyen X. Le & Tho Tran
Norman P. & Leslie G. James
Nhi V. Co & Jin X. Feng
Emerald Realty Trust
Timothy E. & Warunee Crosta
Seymourian Realty Trust
Neil & Tomomi Grant
Donna A. O'Hare, Jeanne M. Reynolds,
Jayne M. Reynolds & Richard J. Reynolds
Centro Realty Trust
Janice M. & Robert F. Ronayne
Rita Graham
Michael N. Boucher

BUYER

Zoe Szeto & Cuong C. Sy
June M. Billiel & Alexandr Jou
Jiaxin Chen
Xhejms Struga
Samantha J. Ball & David C. Kamin
Everbright Properties LLC
Zhe Chen & Ying Ma
Brian Kroener & Raquel Toledo
John M. Lacey
Khan & Quynh Tran
Kevin & Susan Kindregan
61-63 Garfield Street Realty Trust
Jun Ling, Lily W. & Hanjun Xu
Guang Xiu Shi & Kayla Mai
Andrew E. Minton
Kevin H. & Tien M. Vu
Kimberly Q. Li & Anthony D. Rindone
De A. Li & Bing Y. Zhu
Hein D. & Sharon K. Nguyen
Liu Li
Michael K. & Courtney Souza
Janice Hill
Shawn Munchbach
Pei Juan Yu
Evan Yarian
Ray Mui & Shan Yi Chen
Nathan Spiegel & Marie Fernande Freyermuth

AMOUNT

\$540,000.00
\$715,000.00
\$756,000.00
\$630,000.00
\$460,000.00
\$608,600.00
\$600,000.00
\$685,000.00
\$525,000.00
\$1,000,000.00
\$835,000.00
\$690,000.00
\$470,000.00
\$630,000.00
\$450,000.00
\$551,000.00
\$625,000.00
\$828,000.00
\$750,000.00
\$555,000.00
\$225,000.00
\$480,000.00
\$330,000.00
\$764,000.00
\$819,000.00
\$307,750.00
\$895,000.00

ADDRESS

68 Ballou Street
9 Edgemere Road
32-34 Aphorp Street
53 West Street
44 Buckley Street
317-319 Newport Avenue
13 Cutter Lane, Unit 7
15 Gridley Street
70 Emerald Street
80 Norton Road
12 Brigantine Lane, Unit 39
61-63 Garfield Street
151 Hancock Street, Unit 14
8 Harvard Street
8 Gannet Road
62 Germain Avenue
106 Washington Street
127-129 Russell Street
121-123 Merrymount Road
260 West Street, Unit 2
179 Presidents Lane, Unit 1N
42 Gilmore Street, Unit E
7 Bird Street
145-147 South Walnut Street
46 Emerald Street
90 Quincy Shore Drive, Unit 704
123 Crabtree Road

O'Donnell Discusses How To Record A Land Document

Register of Deeds William P. O'Donnell is reminding Norfolk County residents that while the Register of Deeds building remains closed to the general public due to the COVID-19 pandemic, the recording of land documents continues unabated.

"The Registry's process to record land documents is designed to make it as easy and seamless as possible. Whether the document in question is a deed, mortgage, homestead, mortgage discharge or any other type of land document, Registry staff have been trained to record the documents in as expeditious and accurate a manner as possible," O'Donnell said.

"As the depository of over eight million land documents," O'Donnell said, "there are steps that need to be followed when submitting a land document for

recording. First, the document needs to be associated with one of the 28 Norfolk County communities. Also, the document must be an original; we will not record photo copies or documents submitted via fax. Please note in many cases, land documents require signatures be notarized before they are recorded."

O'Donnell noted that the Registry of Deeds does not draft land documents.

"The Registry of Deeds is in the business of recording land documents only," O'Donnell said. "If an individual is unsure if a drafted land document, particularly a deed, is in proper order, it may be prudent to have a lawyer familiar with real estate law review the document for its accuracy. A simple mistake on a deed for example could lead to a major problem."

Another important point

to note is that there are various fees set by the Commonwealth of Massachusetts associated with the recording of land documents at the Registry. Recording fees vary depending on the specific land document type. The Registry's website, www.norfolkdeeds.org has a fee schedule that can be consulted for specific recording fee amounts. The Registry accepts checks made out to the Norfolk County Registry of Deeds. The Registry of Deeds also

accepts cash payment.

"Once you have a land document ready for recording and know the fee and type of payment," O'Donnell said, "you can then choose how to actually get the document delivered to the Norfolk County Registry of Deeds. Due to the COVID-19 pandemic, the Registry of Deeds building is currently closed to all members of the general public and real estate professionals alike. The options to get an original document

and payment to the Registry of Deeds for recording are via regular mail, Federal Express, or placing the document and payment in a drop-off box located just outside the main entrance to our building located at 649 High St., Dedham, MA."

In conclusion, O'Donnell said:

"Our recording staff is trained to record your land documents in an expeditious manner once they arrive here at the Registry. It should also be noted that

institutional users such as lending institutions and law firms have the additional option to submit documents electronically via our two e-file vendors, Simplifile and ePN. Finally, if you have any questions about land documents in general, please call our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m."

To learn more about these and other Registry of

Cont'd On Page 18

Ask Barbara Graceffa: 'Secretary Of The Interior'

The New Bath Math: Piece By Piece

I am familiar with the terms full- and half-bath but my husband and I have different interpretations of the components of a four-piece bath. Can you set us straight, please (I think I'm right)? Helene

Yes, the terminology has changed over the years. Without knowing your different takes on a four-piece bathroom, I'd venture to guess you both might be correct!

Let's take a step back. A full bath includes four parts: toilet, sink, tub and shower while a three-quarter bath most often has an upright shower stall (and no tub) and a half bath or powder room has neither tub nor shower.

As bathroom sizes began to grow in square footage, more or different combinations of plumbing pieces were added and the older terminology faded away. Therefore, a half bath became a two-piece, three-quarter a three piece, and so on. Given the many different configurations of plumbing fixtures that are now appearing in owner suites or ensembles (the industry no longer uses the misogynist term of master suite either!), a four-piece bath, the most common configuration, contains a sink, toilet and two other fixtures:

- toilet, sink, tub/shower combo*
- toilet, sink, separate tub and shower*
- toilet, double sinks, and tub
- toilet, double sinks, and shower
- toilet, sink, bidet, and tub

- toilet, sink, bidet, and shower
- toilet, sink, and double shower

*undoubtedly the most popular

Of course, grand homes even boast five- and six-piece baths or his and hers four piece-baths. Yet, I am seeing more and more high-tech toilets with seat warmers, automatic lid openers, and built-in deodorizers in middle-class homes as well as luxury faucets, heated towel racks and floors, and steam showers, too.

If you are considering a bathroom upgrade, the three bath projects with the greatest return on investment are the addition of a new vanity, flooring, and tub/shower. And a complete bathroom remodel brings a joy score of 10 while a remodel rates 9.6.

Not familiar with the joy score? I'll explain it in my next column.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

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Congregate Care Vaccinations Start This Week

Cont'd From Page 1

which means they are at significant risk of contracting COVID-19."

"The staff are also high-risk for exposure at these facilities and many of them do amazing work and it is important they are vaccinated to protect themselves and their families," the governor added.

When asked why a convicted murderer or other inmate would have access to the vaccine ahead of other members of the public, Baker responded that "congregate facilities are congregate facilities," and that there are "4,500 public employees who work in the state's correctional system who are every bit as much at risk as the people who are inmates there."

The governor said vaccinations for correctional staff

alone would not be adequate because there a number of other people – including attorneys, advocates and family members – who come and go from the prisons and jails.

"I don't think you can draw a bright line that says you're only going to vaccinate one half of a population and not the other when in fact there are other people who do come in and out," he said.

Congregate care facilities can administer the vaccine in one of three ways. Their own staff can administer the vaccine, provided they meet the criteria to do so; they can partner with a provider, such as a pharmacy or community health care center; or they can use mass vaccinations sites the state will be creating in the coming weeks.

The first such mass vaccination site is open at Gillette Stadium in Foxborough. Baker said his administration is looking to announce additional sites in the coming days.

Two more groups remain in the in first phase of the state's three-phased plan – home-based health care workers and health care workers doing non-COVID-19 facing care.

Sudders on Jan. 13 said residents and workers within residences owned by local housing authorities and certain other low-income senior housing developments will now have access to the vaccine in the first step of phase two, along with individuals with two or more comorbidities and those ages 75 and up.

Phase two of the state's vaccination program is ex-

pected to begin in February as originally planned, Baker said.

Other groups included in phase two are certain essential workers – early education and K-12 teachers and

staff, public works employees, public health workers and those in the food, agriculture and sanitation fields. Next up would be individuals over the age of 65 fol-

lowed by individuals with one comorbidity.

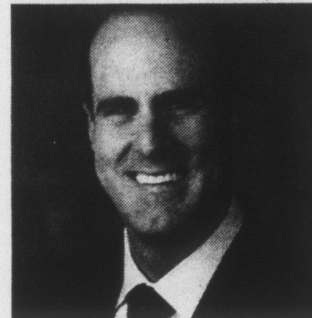
The general public would have access to the vaccine in the third and final phase, which could begin in April.

Council Meets Jan. 25 To Fill Ward 2 Vacancy

Cont'd From Page 3

the most recent municipal election.

Croall ran unopposed in the 2019 city election, however, meaning the decision will instead be left to his former colleagues on the council. A simple majority vote of the remaining councillors will be needed to appoint the new Ward 2 councillor; Timmins said that means five votes will



BRAD CROALL

be necessary to select the new councillor, regardless of how many members are present and vote at the special meeting.

One potential candidate, School Committee member Douglas Gutro, told the Sun he would not seek to be appointed to the Ward 2 seat nor run for it in the fall municipal election. Gutro previously served on the City Council, first representing Ward 5 and then later an at-large seat.

"When I was a ward councillor, it was fantastic, but I am content where I am now," Gutro said, adding that he would likely run for a second four-year term on the school board in the fall.

The last councillor to resign during his term was Daniel Raymondi, who left the Ward 2 seat in 2011 to become the city's commissioner of public works. Councillors later appointed Francis Orlando to fill the remainder of Raymondi's term.

Orlando did not seek election to a full term that fall. Croall ran for and won the seat that year, besting Steven Perdios by 56 votes. Croall was unopposed in the 2013 election, then defeated James Connors by a 45-percent margin in 2015, and was unopposed in 2017 and 2019.

Two On SNHU President's List

Two students from Quincy have been named to the President's List for the fall semester at Southern New

Hampshire University in Manchester, N.H.

They are:

Jiajie Mai and Nha Ho.

Correctional Facilities Begin Distribution Of Vaccine For Incarcerated, Correctional Staff

As distribution of the COVID-19 vaccine ramps up across the nation, Massachusetts sheriffs are preparing to inoculate the incarcerated individuals in their custody and their correctional staff.

On Monday (Jan. 18) correctional facilities began their part of the vaccination plan for congregate care settings, in accordance with the timeline established by the Baker-Polito Administration and the Department of Public Health in consultation with the Massachusetts Vaccine Advisory Group. Members of the incarcerated population and correctional officers fall within the Phase One Priority, (D): Congregate Care, which includes both shelters and correctional institutions. Both inmates and correctional staff will be vaccinated concurrently.

"We have been working diligently in collaboration with the Baker Administration, the Department of Public Health, the Vaccine Advisory Group and our resident infectious disease specialist Dr. Alysse Wurcel to insure that we are fully prepared for this crucial next step," said newly-elected President of the Massachusetts Sheriff's Association and Suffolk County Sheriff, Steven W. Tompkins. "Our mandate is for the safe custody and care of those remanded to us by the courts, but we also have a critical responsibility for the health and safety of the men and women who deliver on that mandate. These vaccinations protect both our incarcerated populations and the people who oversee their

safety, which ultimately protects the health and safety of the general public."

Hampden County Sheriff Nick Cocchi, the new vice president of the MSA, said he is hopeful that the rollout of the vaccine to congregate care settings in Massachusetts will mark a true turning point in the pandemic.

"I think it's important that correctional staff and the people in our care and custody are offered the COVID vaccine at the same time, not only from a medical standpoint to maximize immunity, but to build trust," Cocchi said. "The vaccine is the subject of some skepticism, but I am encouraged by the science. And I'm hopeful that our staff and the people whose health and safety we are responsible for will continue to be accepting of it through education and seeing others around them be inoculated."

Over the past several weeks, working closely with the Department of Public Health and in consultation with Dr. Wurcel, staff have prepared for the vaccina-

tion roll out. To date, nearly 1,000 health care professionals and COVID-facing staff have been vaccinated within the 14 Sheriffs' Offices in accordance with Phase One (A) as outlined by the Department of Public Health, classifying these correctional health care professionals alongside their peers working in hospitals, community health centers and long-term care facilities.

"In my discussions with my patients who are incarcerated, several people are interested in the vaccine, and others are interested but have questions," said Dr. Wurcel. "Even with all of the prevention, testing and mitigation strategies in place, people who are in jail and prison represent one of the highest risk populations. I am excited to work closely with the sheriffs to plan an equitable roll-out of the vaccine to their staff and all of the people in custody."

While the FDA has issued emergency use authorizations for both the Pfizer and Moderna vaccines,

AAA: Massachusetts Gas Prices Up Seven Cents

Massachusetts's average gas price is up seven cents from last week (\$2.27), averaging \$2.34 per gallon.

Monday's price is 19 cents higher than a month ago (\$2.15), and 24 cents cheaper than Jan. 18, 2020 (\$2.58). Massachusetts's average gas price is four cents lower than the national average.

"These rising prices were expected as supply tightens and crude oil gets more ex-

pensive," said Mary Maguire, AAA Northeast Director of Public and Government Affairs.

AAA Northeast's Jan. 18 survey of fuel prices found the current national average to be seven cents higher than last week (\$2.31), averaging \$2.38 a gallon. Monday's national average price is 17 cents higher than a month ago (\$2.21), and 17 cents cheaper than this day last year (\$2.55).

Downtown Construction Activities Proposed work activities for the week of January 17th, 2021



- Work continues along the face of 25 Temple St on Washington St with the new support columns for the future addition above the existing building. Please follow the temporary pavement markings on Temple St and the barricades on Washington.
- Construction of new concrete sidewalks will continue this week along a portion of Hancock St. The crew will continue the forming and pouring of concrete within this area. In addition, the crew will be installing the pavers in the brick banding that abuts the sidewalk. The temporary pedestrian detour remains in place between the area at Albas restaurant and the West of the Chestnut building. Business remains open during construction.
- The contractor at the General Dunford Drive project will continue installing park pavers and brick banding within the pocket park. Pedestrians should cross the street at the crosswalk before this area along Hancock St. Temporary barriers remain in place on Hancock St for traffic re-alignment while the project is being constructed.
- At the McConville Way project the contractor will continue construction of the north and south streetscape aside the new roadway. The work this week, in this area includes the continued installation of new planter curbs, concrete sidewalks, and brick pavers. The reconstruction of the existing alley adjacent to South Shore Health and New England Comics/BAMSI will continue this week, along with the construction of the concrete aprons, sidewalks, and mud mats for future pavers. The alley remains closed during construction. Within the future pocket parks the contractor will continue construction of the water feature foundation, granite bench foundations, cast in place concrete retaining wall, and waterproofing of the water feature vault.

(The photo on the above left shows installation of the light pole along McConville Way and the new accessible curb ramp. The photo on the above right shows the continued construction of the new water feature at the future pocket park adjacent to McConville Way.)

<https://www.quincyma.gov/mcity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodwardclark.com

Working Together For Safer, Stronger Communities

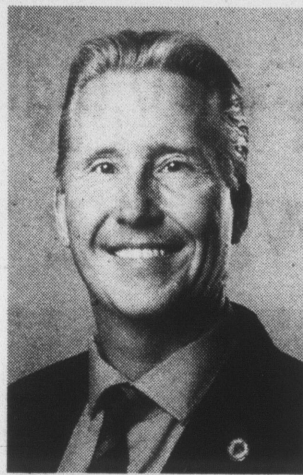
By PATRICK W. McDERMOTT
Norfolk County Sheriff

Earlier this month I had the honor of being sworn in as Norfolk County's 23rd Sheriff. As I took the oath, I reflected on both the challenges and opportunities we face, not just at the Sheriff's office but in our county as a whole, and how I am determined that the Norfolk County Sheriff's Office be part of the solution.

During these trying times, I see an opportunity for the Norfolk County Sheriff's Office to be a county-wide resource which works with communities to help solve the challenges we all face. Whether it's crime on our streets, the Opioid Crisis, a natural disaster, or a public health emergency like COVID-19, the Sheriff's Office can serve a critical role in coordination across our 28 cities and towns.

To keep residents safe, we need robust community outreach programs for everyone in Norfolk County from our children to our seniors. And to prevent crime, we have to come together and tackle the systems and problems that set people up to make desperate choices in the first place. Poverty, drug addiction, systemic racism, housing instability, food insecurity, and more are holding too many back and forcing people to make impossible decisions. If we can work to alleviate these conditions, we can help people on the path towards making better decisions.

I know, though, that despite our best efforts, some people will still make mistakes. When they do, we



PATRICK McDERMOTT
Norfolk County Sheriff

must intervene early to make sure that one mistake does not become a lifetime of bad decisions. For those who enter the House of Correction, it is critical that we establish a sense of hope — hope for a productive future outside of jail, hope for connection to their communities, and hope for resiliency. This is why my focus on rehabilitation will involve preparing inmates to be successful outside of the jail while also helping them understand the importance of contributing to their communities and giving them opportunities to do so.

In short, I believe our community is safer — and stronger — when we work together. The challenges we face ask us to develop new ways of working together to strengthen our communities and make our county safer for everyone. As Sheriff, I pledge to work alongside you — leading by learning, living, and serving — to ensure that Norfolk County is a place of safety and security for everyone.

Dorchester Man Charged With Murder After Shooting Victim Found In Quincy

By SCOTT JACKSON

An 18-year-old Dorchester man has been charged with murder in connection with the death of a 17-year-old shooting victim from Dorchester who was found dead inside a vehicle on Victory Road in Quincy on Friday night.

The Boston Police Department responded to a report of shots fired in the area of 29 Ferndale St. in Dorchester around 6:45 p.m. on Friday. Officers on scene were advised that a possible suspect vehicle fled prior to their arrival, Boston police said.

A vehicle matching that description was later found on Victory Road in Quincy by the Quincy Police Department. A juvenile male victim suffering from an apparent gunshot wound was inside the vehicle at that time, according to Boston police. The victim was pronounced deceased at the scene, and he has been identified as Akeem Polimis, age 17, of Dorchester, Boston police said.

Boston police said they arrested an 18-year-old Dorchester man, Juan Nazario, in connection with the incident around 11:30 a.m. Saturday. He has been

charged with murder, unlawful possession of a firearm and unlawful possession of ammunition.

Nazario will be arraigned on those charges in the Dorchester District Court.

The Boston Police Homicide Unit continues to investigate this incident in conjunction with the Suffolk District Attorney's Office, the Norfolk District Attorney's Office along with members of the Massachusetts State Police and the Quincy Police Department.

Community members wishing to assist this investigation anonymously can do so by calling the CrimeStop-

pers Tip Line at 1-800-494-TIPS or by texting the word 'TIP' to CRIME (27463). The Boston Police Department will stringently guard and protect the identities of all those who wish to assist this investigation in an anonymous manner.

To those who find themselves in need of emotional support or simply needing to talk to someone about distressing events in the community, the Boston Neighborhood Trauma Team (NTT) provides free, private support 24/7 at (617) 431-0125 or by visiting BPHC.org/trauma.

School Committee Honors Mariano

By SCOTT JACKSON

The Quincy School Committee recently honored Ronald Mariano, a former teacher and school board member who is now the speaker of the Massachusetts House of Representatives.

Mariano, 74, was elected speaker of the House by his peers on Dec. 30. He has served in the House since winning a 1991 special election and began his sixteenth term in office earlier this month. Mariano began his career in public service as teacher in the city's school system and was a member of the School Committee from 1989 to 2009.

The school board unanimously approved a resolution recognizing Mariano during its meeting on Jan. 13. Vice Chairman Anthony Andronico, who introduced the resolution, said the body should congratulate Mariano given his service to the



RONALD MARIANO
Speaker
MA House Of
Representatives

school system.

"He started his career in public service as a Quincy Public Schools elementary school teacher...and beyond that he served as a member of the Quincy School Committee for over 20 years," Andronico said. "What he's done as a member here, what he's done for the people of Quincy, I feel deserves to be recognized by this body."

Andronico noted Maria-

no is the third speaker of the House from Quincy, and the first since John Hancock in 1780.

"It's pretty remarkable accomplishment," Andronico said.

Committee member Frank Santoro recalled serving on the school board with Mariano during the 1990s.

"I had the privilege to serve on the School Committee with Mr. Mariano way back and he always had the students of Quincy on his mind and has done many favorable things for his students and staff," Santoro said. "I just want to personally thank him for all he has done and congratulate him on his leadership position, which I'm sure he will do well, and he will continue to think about us."

Committee member Emily Lebo welcomed having an educator serve as the House speaker.

"I would just like to say

how pleased I am that an educator is actually taking this role. I'm thrilled that it is an educator," Lebo said. "I think it is going to serve all children in the commonwealth well, so thank you, Mr. Mariano."

Andronico noted Karen Spilka, the president of the Massachusetts Senate, is also a former school board member; she served on the Ashland School Committee.

"I do think it is important to note that now the Massachusetts state Senate president and the Massachusetts speaker of the House are both former school committee members," Andronico said. "I know they will have the best interest of our education system, our students and our families at heart."

The Quincy City Council planned to recognize Mariano at its meeting Tuesday night, which took place after The Sun went to press for the week.

Eastern Bank Charitable Foundation Gifts NeighborWorks \$50,000 Toward COVID Relief

NeighborWorks Housing Solutions, the leading housing service provider in southeastern Massachusetts, announces it has received a donation of \$50,000 from Eastern Bank Charitable Foundation in support of the organization's COVID relief efforts.

During the early days and weeks of the pandemic, Eastern Bank Charitable Foundation began to lend its support as quickly as possible, and it has steadily increased throughout 2020 the amount of unsolicited grants to nonprofit organizations. In total, \$11 million in COVID-19 relief grants has been provided to hundreds of local and regional organizations in Massachusetts, New Hampshire and Rhode Island in 2020.

The most recent funding supports organizations focused on housing stability, homelessness, food secu-

urity, and essential services and utilities for low- and moderate-income individuals and families.

"Housing, homelessness and food insecurity have long been challenges in our local communities that are being made worse by the double impact of the pandemic and approaching winter season," said Nancy Huntington Stager, president and CEO of Eastern Bank Charitable Foundation. "Thank you to the organizations and people bravely working on the front lines to support our neighbors in need, providing vital assistance during these times. The need for corporate philanthropic support of our nonprofit partners is as great now as it was at the beginning of the pandemic, and we invite those who can to join us in giving their support."

This grant will provide

additional support to NHS in its COVID relief efforts. NHS has increased its wrap-around services throughout the pandemic to vulnerable residents in housing. NHS has ensured the safety of their residents in group homes by taking extra measures to ensure they have food, cleaning supplies, and any additional supplies needed to keep themselves safe.

NHS has also expanded its services to be more accessible to all of their clients, in part by organizing regular deliveries of food to some of residents in Quincy, including delivery of fresh produce boxes. Many of the people NHS traditionally serves are in vulnerable populations and typically rely on mobile food pantries. Having this food brought to them not only helps support them but also keeps them safe, reducing

the risk of exposure to them and to others in the building. Additionally, many of their residents have children who are now learning remotely, further limiting their access to the school lunch program, and their family's ability to access additional resources.

NeighborWorks Housing Solutions also announced

earlier this year that it has signed the Massachusetts Housing Stability Pledge, and plans to hold on any evictions related to the ongoing COVID-19 pandemic through March 2021. NHS owns and operates more than 1,000 units of housing throughout southern Massachusetts.

"Eastern Bank and its Charitable Foundations have really stepped up to help so many nonprofits in the state, and we are grateful to them for helping us with this incredible gift," said Robert Corley, CEO of NeighborWorks Housing Solutions.

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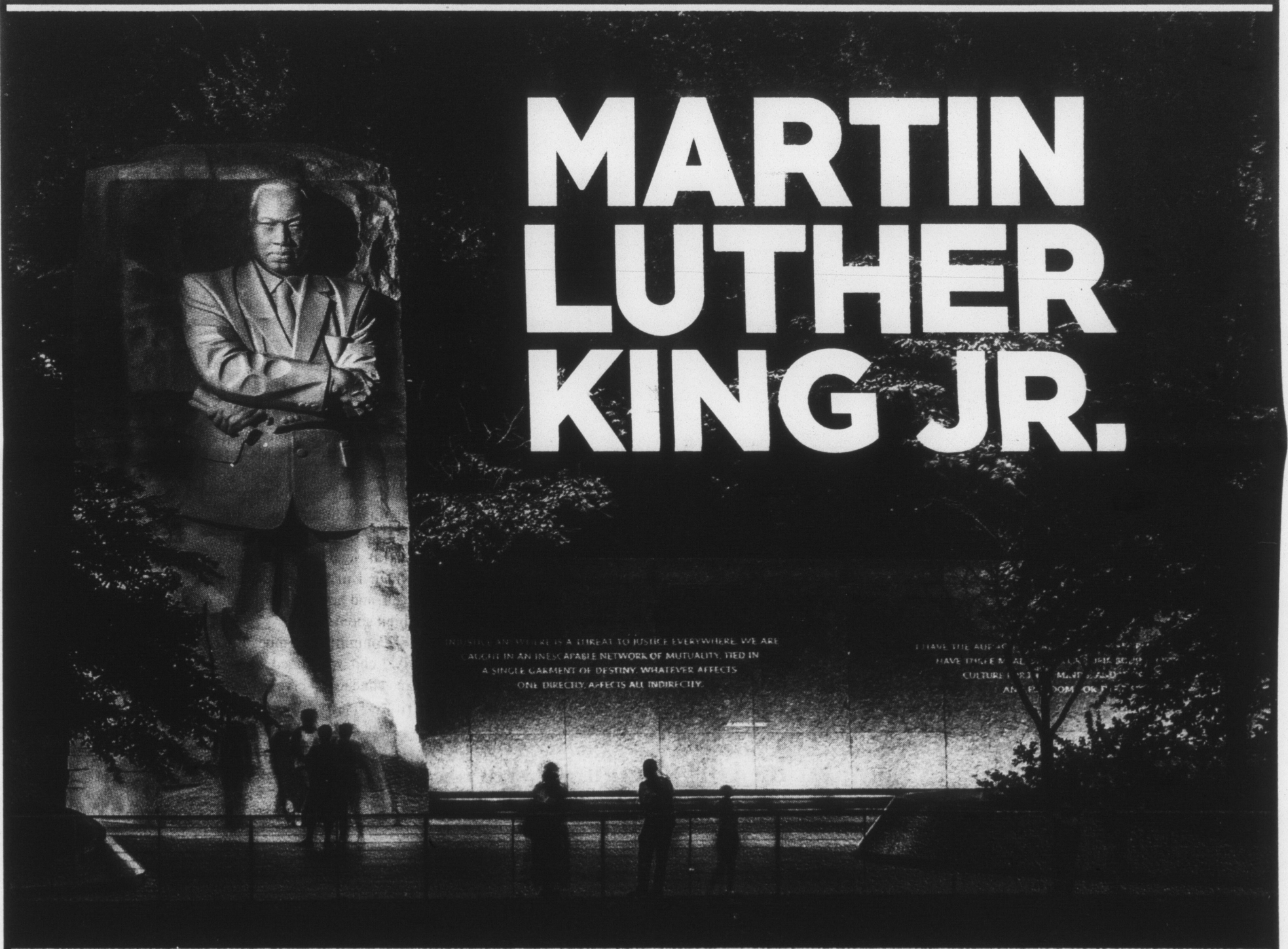
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Hate cannot drive out hate; only love can do that.”**

Dr. Martin Luther King, Jr.

1929-1968



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life and work of Dr. Martin Luther King Jr. and his selfless
mission for racial equality. Today, we strive to honor his
spirit in the practice of creating a light for others.”**

- Thomas P. Koch, Mayor

Live Online: Restorative Yoga Continues

Rest, relax and unwind with Restorative Yoga and Peaceful Sleep Yoga Nidra in this series happening every Tuesday at 7 p.m. through Feb. 16. The next session is Jan. 26.

This series is led by Quincy's own Christine Way-Cotter, the founder of SeaCret Garden, who had the following to share about what she will lead:

"Restorative yoga restores the body to its parasympathetic nervous system function, which, in turn, helps the body rest, heal, and restore balance. By allowing time for longer asanas (postures or poses) and deeper breathing, restorative yoga helps elicit the relaxation response. A restorative yoga sequence typically involves only five

or six poses, supported by props -- pillows, blanket, blocks, or bolsters -- that allow you to completely relax and rest. Held for five minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, induced by a guided meditation. There is evidence that yoga nidra helps relieve stress."

Way-Cotter has 30 years experience in the healing arts, with experience and continuing education in the related fields of skincare, massage, herbalism, yoga, and plant spirit medicine. Christine was certified as a yoga instructor by the Kri-

palu Center for Yoga and Health in Stockbridge in 1999. She teaches gentle, beginner, and intermediate Kripalu Yoga, a form of Hatha Yoga that incorporates breath work, meditation, and physical postures to quiet the mind. She has continued her training to offer Prenatal, Children's, Partner Yoga, Yin Yoga, Five Element Yoga, 12 Step Yoga and Recovery, and Yoga Nidra.

Join us on Zoom (meeting ID: 818 7608 1966). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on its Facebook page.

Falls Prevention, Stress Management For Aging Adults

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for this engaging and valuable program continuing on the second and fourth Tuesdays in January and February.

From 10 to 11 a.m. Jan. 26, Toomey will be joined online by special guest Katy Kowalski, the Injury Prevention Coordinator at Beth Israel Deaconess Hospital.

Kowalski will talk about ThinkFirst. ThinkFirst's mission is to prevent brain, spinal cord and other traumatic injuries through education, research and advocacy.

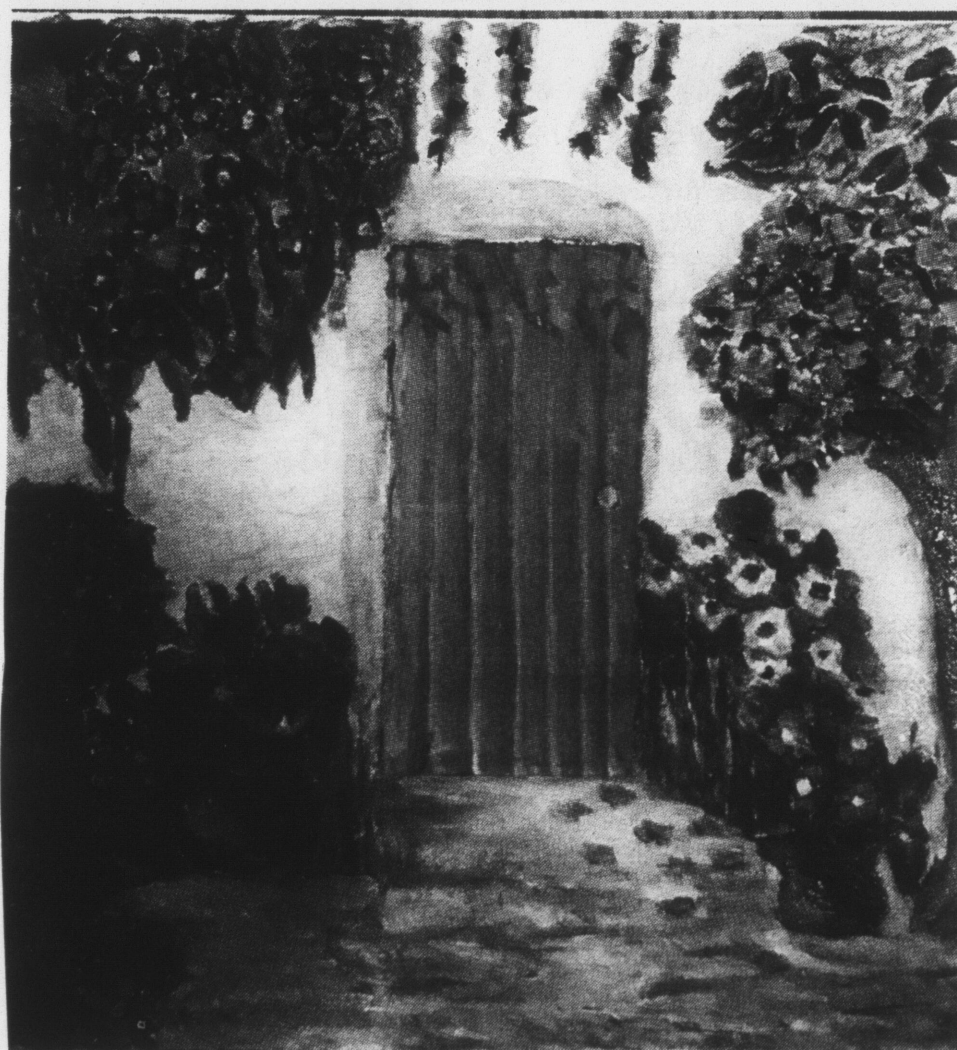
Everyone is welcome and encouraged to attend any of all of the sessions in this multi-part program that teaches and empowers aging adults and those who care for them with skills and

ideas that decrease falls and increase independence.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on its Facebook page.

Artist's Showcase: Nithya Giridhar

NITHYA GIRIDHAR (right) has been doing art for about seven years and believes art is a great form of expression. She is drawn to acrylic as a medium and thinks it helps make a painting more colorful. Her strength is working with bright colors and intricate designs. She also loves to paint scenic art. Nithya's favorite series is in Mandala Art that she has created. Nithya is a member of the Quincy Art Association and can be reached at madhunithya07@gmail.com.



NITHYA GIRIDHAR'S painting entitled "Garden House."

Photos Courtesy Quincy Art Association



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Contact Karen Scheele at admissions@quincycollge.edu, 617-984-1710

JOIN OUR WEIGHT LOSS RESEARCH PROGRAM

Quincy College is leading a weight loss research program prescribed by leading physician/nutrition expert, Dr. Caroline Apovian, who co-directs the annual Harvard University Medical School International Conference on Preventing Obesity.

Interested in joining this program and committing to getting healthy in 2021? Contact Dr. Wayne Westcott at 617-405-5978 to inquire.

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Public Access Channel 8

Thursday, January 21
5:00pm: Bethany Congregational Church
7:00pm: Jazzy Bill's Christmas Special, Part 3

Friday, January 22
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Boys Hockey '08

Saturday, January 23
12:00pm: Feast of Lights Service
1:00pm: The Call

Sunday, January 24
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, January 25
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Girls Basketball '08

Tuesday, January 26
7:30pm: Quincy in Focus
8:00pm: AM Quincy: The Kennedy Center

Wednesday, January 27
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 21
6:00pm: At Your Library: January Happenings
8:00pm: City Council/Ord. Comm/Pub Hear 1/19

Friday, January 22
6:00pm: Update DPW: Winter Season
7:00pm: Exon Valdez Disaster & Climate Change
8:30pm: Brave Spaces, Community Conversations about Social Justice

Saturday/Sunday January 23/24
11:00am: Falls Prevention and Stress Management
12:00pm: City Council/Ord. Comm/Pub Hear 1/19
4:00pm: Zoning Board of Appeals 1/12
7:00pm: City Council/Ord. Comm/Pub Hear 1/19

Monday, January 25
6:00pm: Norfolk County Commissioners Swearing In Ceremony

Tuesday, January 26
1:30pm: A Cranberry Harvest
4:00pm: LIVE: Board of License Commissioners
5:30pm: LIVE: Zoning Board of Appeals

Wednesday, January 27
1:30pm: Meet the Author

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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New Walking Path, Playground For LaBrecque Field

By SCOTT JACKSON

Work on LaBrecque Field in Houghs Neck, including the installation of a new walking path and construction of a new playground closer to the parking lot, could begin as soon as this spring.

The six-acre park on Sea Street is presently home to a softball diamond, a pair of basketball courts and a playground. The field is named for Alfred LaBrecque, a World War I veteran from Houghs Neck who became president of the Quincy City Council.

Ward 1 Councillor David McCarthy said the goal of the project is to keep the field largely the same while giving it a new sense of life.

"I know from growing up down there the folks like LaBrecque the way LaBrecque is. It's very picturesque. It's a very passive, quiet park. They have softball during the summer and soccer during the soccer months," McCarthy said.

"We're going to do some things, but it is pretty much just to bring LaBrecque back to life and clean it up."

The renovations to LaBrecque are part of a \$38 million capital improve program Mayor Thomas Koch began three years ago, said David Murphy, the city's commissioner of natural resources.

"We're trying to take a look at all of our neighborhood parks in the city," Murphy said, so that they can better work with the surrounding neighborhood.

Amid the pandemic, Murphy said more residents are using neighborhood parks than they were before. The parks play a critical role in allowing people to exercise outdoors and get a bit of fresh air, and the project at LaBrecque will reflect how people are now using the parks.

"It will create something the neighborhood can use 12 months a year," he said.



RENDERING OF renovations planned at LaBrecque Field in Houghs Neck. New features include a walking path and construction of a new playground closer to the parking lot. *Rendering Courtesy City of Quincy*

The project is still in the planning phase, Murphy stated. Work should begin in the spring and finish in over the summer. The project will cost in the range of \$250,000, depending on the final design.

Part of the project will include the installation of

a new walking path around the edge of the park.

"They are going to put a walking path all the way around the perimeter of the field," McCarthy said. "It will be a nice path that will go out along the Rockland Street side and then go all along the back of the woods

that back up to the Spring Street marsh and then come back in by Hawthorne and then back up to the parking lot."

The perimeter path will include a handful of exercise stations, similar to the ones installed at Kincaide Park in Southwest Quincy

when it was renovated.

"There are going to be four to six stations strategically put around the park. If you're doing your walking and you want to stretch out or do a sit-up or a push-up or whatever you can stop at the stations around here," McCarthy said. "They're pretty

useful. They are over at Kincaide now."

The playground presently on site is located in a corner of the park on Hawthorne Street. The new playground will be moved closer to the parking lot on Sea Street, replacing one of

Cont'd On Page 18

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New Walking Path, Playground For LaBrecque Field

Cont'd From Page 17

the basketball courts on site. Doing so will provide better access to the playground, McCarthy said.

"One of the big things that we're going to do is we're going to take the playground...that has been on Hawthorne Street forever and we're going to move that up to the front of the lot," he said. "We're going to take out a basketball court and we're going to move

the playground up front so that folks can come in...during the day and park their car, walk into the gate and walk into the playground.

"Down here [on Hawthorne], it is dead end. It has always been tough on the neighbors if anybody parks down here. It is congested to start with."

The existing playground area includes a number of memorials, McCarthy said. Some of the me-

morials will be relocated closer to the playground while others will remain where they are.

"A lot of Houghs Neck families had donated bricks, granite, tree plantings, benches, to loved ones that had passed," he said. "We want to take a real hard look at what we can move to the new playground and replicate that playground memorial, but I know some people have dedicated a tree - we're not going to move the tree."

Murphy said area residents had purchased those memorial markers to raise money for the construction of the playground around the year 2000. The memorial bricks that can be moved will be moved to a new patio area near the new playground, he explained.

"We really want to make sure we respect the history of that playground," Murphy said.

McCarthy said those who purchased memorial markers would be contacted as part of the planning process. Murphy said anyone with concerns about the memorials should contact his office at 617-376-1253.

New plantings will go into the area where the playground is now, along with some paths for walk-

ing.

"We're going to take a real good look at that area, but that's not going to be an entrance anymore. We're going to put plantings in there, put arborvitaes in there, come up with a scheme to fill that all in," McCarthy said.

"It might be almost like a second park, where you've got your playground up here with your memorial park and then we're going to see what we have left over. That will be an area where when you're walking along you can stop in there. There will probably be a few little paths in there, but we will close off the way you come into the park from Hawthorne. I don't think it gets too much activity anyhow."

The softball diamond on site will also be redone as part of the project.

"The softball field...is going to be excavated, dug up, redone, resodded, the whole bit," McCarthy said. "It's always been a little bit beat up in regards to not having a good facial done on the field itself. The infield has its dips and it has its usual things that sometimes make a ball that should be coming straight to you go up over your

head."

The backstop presently there will be replaced, McCarthy added. The new playground will also be designed with protective fencing to stop foul balls from entering it.

While one of the basketball courts is being removed to make way for the relocated playground, the other one will be redone.

"We're going to have one court and the playground," McCarthy said. "Right now, there is two courts. Back in the day, there was one court and there used to be tennis courts. You couldn't get into a basketball game at LaBrecque 30 years ago and now it is empty, which is kind of sad, so we feel we can get away with one court."

Preliminary plans for the site also include a picnic area near the playground and basketball court.

"We're going to put a little picnic shelter out there too," McCarthy said. "We don't know if that is going to stay in the plan or not, but that is going to be proposed."

New trees could also be installed along the perimeter of the site, the councillor added. He plans to speak to abutters and ask if they would like the trees included in the plans at a future community meeting.

NQHS Girls' Basketball Bow Twice On Road

After getting their first Patriot League win in several seasons, the North Quincy High School girls' basketball team dropped a pair of close contests on the road last week.

Traveling to Hanover to face the sixth-ranked Hawks, North jumped out to a 16-11 first quarter lead thanks to 6 points apiece from senior captain Fallon Hobin and freshman phenom Orlagh Gormley. Freshmen Ava Bryan and Molly Toland added two each.

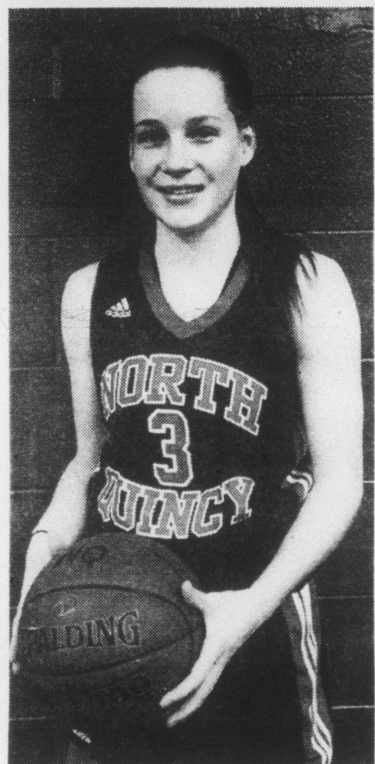
North's offense stalled in the second stanza only scoring 6 points and trailed at halftime, 24-22. The Red Raiders took a 36-30 lead midway through the third as Gormley registered 10 points on a variety of driving layups and pull up jumpers. The final quarter was an offensive disaster as the visitors missed 18 straight field goal attempts before an Alex Abrahamovich layup broke the drought.

North lost both Hobin and Gormley on the same play with 2:47 left in the game. Hobin fouled out and Gormley got a cramp in her calf with the team trailing, 45-37. Not quitting, the Red and Black fell behind by 12 but cut it to 6 at game's end. A Marybeth Smith putback and free throws by Toland helped trim the deficit.

North's Gormley, in her varsity debut, led all scorers with 18 points while Hobin finished with 13. Bryan collected 8 rebounds while Abrahamovich and Bridget Capone blanketed Hanover's top scorer, holding Kelly Flynn to 9 points.

North then headed to Pembroke and suffered a heartbreaking loss to the Titans, 50-47. The hosts jumped out to a 9-0 lead hitting three 3-pointers. Hobin and Gormley brought North back scoring 6 points each as the Red Raiders trailed by 2 at the end of the quarter.

Junior Kiera Sleiman scored



ORLAGH GORMLEY scored 34 points her first two games as a freshman at North Quincy High School.

Courtesy Photo

6 points in the second quarter as North tied the game at 24 after 2 quarters. Kylee Dinneen, who finished with 16 for the game, hit for two three pointers to help the hosts take a 40-35 lead going into the last quarter. Three freshmen accounted for the North scoring in the final frame. Gormley had 4, Toland 3 and Bryan 5.

It was Bryan's three pointer with 7.1 seconds from the top of the circle that tied the game at 47. But the Titans' Haley March hit a corner three at the buzzer to give Pembroke the win. It was her only hoop of the contest.

"This was a tough one," said North head coach Paul Bregoli. "My kids played hard the entire game. They never quit, so I'm proud of them despite the result."

North Quincy visited Quincy Tuesday in a girls-boys basketball doubleheader.

QHS Girls' Basketball Defeats Plymouth South

The Quincy Girls' basketball team had another successful week going 1-1 against Duxbury (1/12) and Plymouth South (1/15).

On Jan. 12th, Quincy held a hot shooting Duxbury team to 38 points, however they struggled against the Dragons' stingy defense. QHS bounced back to put up 52 points in route to a win on senior night against Plymouth South. Quincy had a season high 16 assists, 15 of them coming from

the combined efforts of Priscilla Bonica, Mary Saccoach, and Paige Mann. The team also forced many of Plymouth South's 29 turnovers.

Coach Sarah Conlon was excited by the vocal support from the bench and the overall team effort on Friday. The team wants to thank its six seniors - Priscilla Bonica, Victoria Carvalho, Sara Hamdi, Samanta Colletti, Bridget Gardner and Darby Boudreau - for their hard work and dedication over the last four years.

QNQ Girls Hockey Blanks WB/EB

By TOM JOYCE

Dominant.

In a word, it's a way to describe the Quincy/North Quincy High girls' hockey team's performance on Monday this week.

QNQ hosted the West Bridgewater/East Bridgewater team and poured in the goals early. With yet another strong offensive performance, QNQ won the game 9-0 to improve to 2-1-1 on the season.

"It's nice when you have a no-stress game for a change," QNQ head coach Jeff Craig said following the win. "I thought we played well. Anytime you can put in nine and shutout the other team, it's a pretty gratifying win. Our first couple of games before today have been against tough teams."

QNQ started the game off hot offensively, netting six goals in the first 15 minute period.

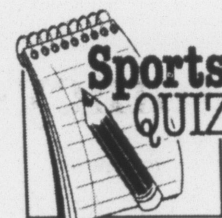
Sophomore forward Maggie Lynch shined for QNQ in the win. She scored a team-high four goals. That included the first goal just 46 seconds into the game. It didn't take QNQ long to extend their lead either. With 10:18 left in the first, eighth grade forward Shea Nolan plopped one in unassisted. It was her first goal of the game, and the next one came 68 seconds after that. On that goal--which made it 3-0 in QNQ's favor--junior forward Maddie Bailey and Lynch had the assists.

Next, it was junior forward Orla O'Driscoll's turn. She scored her first of two goals of the game with 8:03 left in the first, as her team continued to dominate possession time and outskate the competition.

"We've got a couple of kids who can score," Craig said. "Maggie Lynch had 50 goals for us last

year. Most kids don't get that in a career. Orla O'Driscoll had 35 goals last year. Shea Nolan, an eighth grader, is putting the puck in the net for us right off the bat. We've got some good offensive talent. Even when we're not scoring a lot, we're getting chances.

Cont'd On Page 19



by Ryan A. Berenz

1. Doak Walker won the Heisman Trophy in 1948 playing multiple positions for what college team?
2. In 1973, what Pittsburgh Pirates pitcher had such a severe case of the yips that the "condition" was colloquially named after him?
3. What team drafted Purdue quarterback Jim Everett with the third overall pick in the 1986 NFL Draft, then traded his rights to the Los Angeles Rams?
4. In December 2004, who was hired as head coach of the USC Trojans men's basketball team only to resign five days later?
5. What baseball team won the 2020 KBO League championship with a 4-2 Korean Series win over the Doosan Bears?
6. What three-time winner of the Formula One World Drivers' Championship was killed in an accident while leading the 1994 San Marino Grand Prix?
7. What San Diego Chargers player set the NFL record for longest play by returning a missed field goal 109 yards for a touchdown in a 2007 game against the Minnesota Vikings?

Answers

1. The Southern Methodist University Mustangs.
2. Steve Blass.
3. Houston Oilers.
4. Rick Majerus.
5. The NC Dinos.
6. Ayrton Senna.
7. Antonio Cromartie.

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O'Donnell Discusses How To Record A Land Document

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Deeds events and initiatives like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for

secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Two Quincy Students On SNHU Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Southern New Hampshire University in

Manchester, N.H.

They are:

Adam Ouannass and Tyler Ralls.

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BLM Quincy: 'We Have A Dream For Our City'

By **MARIANNE BALSAMO**
Black Lives Matter
Quincy

On Monday, concerned citizens gathered peacefully and with powerful intent in the heart of the city on the portico of the United First Parish Church. We were there to honor the life, legacy and teachings of Reverend Martin Luther King Jr.

We listened once again to a recording of his powerful "I HAVE A DREAM" speech and read some of his most famous quotes, for reflection. Langston Hughes inspiring "I Dream a World" was read. Claire Fitzmaurice spoke to the need to support the proposed Department of Justice and Equality.

And at the same time, we persisted, following his example, to call out injustice in our community. We are 'Stand Out For BLACK LIVES QUINCY' and we stand for justice and racial equity for all our residents. We declare racism a pandemic in our community, state and nation.

The crowd gathered early and eagerly, feeling the desire for unity and purpose. A more significant gathering than ever! Veterans For Peace made a strong showing, and young school kids, like Will, 9 years old, joined with his extended family. Elders, hipsters, people of all faiths - folks from all over the South Shore as well. We estimated perhaps



BLACK LIVES MATTER Quincy held a rally on Martin Luther King, Jr. Day Monday outside United First Parish Church in Quincy Center. Participants gathered to honor the life, legacy and teachings of the Rev. Martin Luther King, Jr. *Courtesy Photos*

45 - 50 people came to honor the BLACK LIVES Lost, and those whose lives are still waiting for that society of justice and equality.

Pressing on people's mind was of course, the horror of Jan. 6, the invasion of our Capitol by domestic terrorists, white supremacists, threatening the Republic and the lives of its leaders.

Cities and towns across the country are looking for wisdom, moral leadership and comfort from the kind of leadership that will care for ALL citizens with justice, equality and compassion.

The absence of city officials at this event of national significance was sorely felt. We wondered why now, in

desperate times, should the city decide that this day of memory of one of our greatest heroes go unheralded.

Why shouldn't the largest gathering of Quincy's citizens on that solemn day, be embraced by those in office, who should celebrate that there is a core group of people who are willing to do what it takes to help the city make its inevitable transformation to an open, equal and just city, welcoming the diversity and delight of all its people.

"The ultimate measure of a person is not where he/she stands at times of comfort and convenience, but where he/she stands at times of challenge and controversy" MLK.



Quincy-North Quincy Girls Hockey Blanks WB/EB, 9-0

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"We have some real skill offensively, and even Maggie Dineen on defense, she had a nice pass today on one of those goals. She can take off with it too. We've definitely got some offensive skill which is nice."

Lynch had the final two goals of the first period, making it a 6-0 game. That includes one with 5:07 remaining and the other with 50.5 seconds left. The final goal following a pass from Bailey, who earned the assist.

After the first period, the scoring slowed down for QNQ, but they had no problem protecting their lead. Lynch scored her final goal of the game with 5:57 remaining in the second period after she stole a puck from a WEB player and rushed for a fast break and put the puck in the back of the net.

The final two goals of the game for QNQ came from Maddie Bailey with 3:02 remaining in the second, and Orla O'Driscoll with nine minutes remaining in

the third. O'Driscoll's goal made it 9-0 in QNQ's favor.

Before the game against WEB, QNQ had played three times. They started their season off with a 4-4 tie against the Whitman-Hanson/Silver Lake High co-op on Jan. 2. They had a game scheduled against Scituate for January 6 that got postponed due to the coronavirus pandemic. Then on Jan. 13, they defeated the Hanover/Cohasset High co-op 5-2. The team then faced Pembroke on Jan. 16, and lost 7-2.

Although the team has had some success early in the season, QNQ remains a young team. However, they are an experienced team with players who either started playing for them in eighth grade or as high school freshmen leading the way.

"The crazy thing is, even this year, they're not even really seniors yet," Craig said. "Like Maddie Bailey, our junior captain, I've coached her for four years, and Lynch is only a sophomore. We're a young, young team. We only have one senior, Emma Ford, our goalie, she's a captain. That's good."

And Ford, who started playing hockey as a sophomore, isn't their only experienced goalie either. Sophomore Hailey Concannon made some starts for the team near the end of the season last year with Ford unavailable to play.

"We feel really good about our goalie situation," Craig said. "We have two girls who can play. Hailey played in the second half against Pembroke when we

played them and she did a nice job. The first two games we played against two good teams, Emma basically shut them down. We got a tie and a win against two really good teams."

Coach Craig said he feels as though his team can compete with anyone they face this year if they stay healthy and avoid quarantine.

"That's the biggest thing off the ice, but going into the year, we had such a short preseason, so we've had to work on stamina," he said. "We don't have a lot of kids, so they all play a lot. Now as the season progresses, you start to advance on other things more and work on smaller details. Then after a game, you want to correct what went wrong in games. That's a big part of the season."

Additionally, he said that having to wear masks while playing hasn't impacted the team's stamina.

"It makes it difficult in terms of who's talking," he said. "It's tougher to communicate. When you see someone talking to you, it's a lot easier, but they haven't

said one word about the masks."

QNQ's next game is scheduled for Saturday, Jan. 23 against Scituate. They will play each other at 8:10 p.m. at the Quincy Youth Arena. The game won't be open to the general public, however. The venue allows one adult spectator per player - for both the home and away team--to attend games due to the pandemic.

The QNQ roster this season includes: sophomore goalie Hailey Concannon, junior defender Morgan Novak, junior forward Madilyn Bailey, freshman defender Molly Carroll, freshman defender Caroline Snyder, eighth grade forward Shea Nolan, eighth grade forward Daniella McCarthy, sophomore forward Maggie Lynch, eighth grade forward Chloe Melchin, sophomore defender Katelyn Stirling, sophomore defender Maggie Dineen, sophomore defender Abigail Newton, sophomore forward Angel Bresnahan, junior forward Orla O'Driscoll, and senior goalie Emma Ford.

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Leaking Gaskets, Stop-Start Engines, All-Electric Vehicles

Ask John Paul: AAA New England's Car Doctor

I have a 2004 Ford Freestar with 205,000 miles on it and according to my dealership, the valve cover gaskets are leaking. They determined this during a routine check when I went for an oil change. I have called several places to get quotes and I was told prices between \$350 and \$450. Spending upwards to \$500 on a minor oil leak on a now 17-year-old minivan seems like a lot of money. Should I get it fixed?

From your description the leak appears minor in nature if you didn't see oil on the ground or smell oil on the engine. Some gasket seepage is perfectly acceptable and considering the age and mileage it may be okay to take a wait and see attitude. Now certainly the leak won't get better by itself and getting a second opinion can never hurt.

I have a 2007 Hyundai Santa-Fe and from time-to-time the power steering sticks. I was told the crankshaft pulley needs replacing. I have been driving for 45 years and never heard of this type of failure. I purchased this Hyundai new and hands down it has been the best car I have ever owned. I am going to have the repair completed, but have you ever heard about this type of repair before?

This is not very common, but I have seen the inner and outer ring of the crankshaft pulley fail occasionally. It isn't just a Hyundai issue; I have seen it with Lexus, Toyota and a few others. From what I can tell the amount of adhesive used glue the two parts of the pulley together was not sufficient and the outer ring spins or wobbles and causes the issue.

I am leaving my car up North for the winter and will have a neighbor check on it. Is there anything I should do or not do to keep any problems from happening? I don't have the luxury of a garage and the car will be stored outside, and it will be registered and insured so it can be driven. My neighbor has the keys and has offered to start it from time to time.

It is always best if the car can be driven rather than just allowed to sit. Every three weeks or so have your neighbor take the car for a ride for about 30 minutes. This will help keep everything moving, wear accumulated rust of the brakes and help keep the battery charged. Ideally check the tire pressure a couple of times over the winter and keep the fuel tank close to full and add fuel stabilizer.

Sometimes your answers confuse me. I have read your column for years and I'm still not sure if you like electric cars. I think you wrote once you owned an early model electric. I also heard your radio show when you were talking with someone about the 800 horsepower Hellcat powered Dodge. How can you like a stupid car that only a few people will buy like this Hellcat and recommend a Chevy Bolt electric car?

I think all vehicles have a place in this world. I would never own an 800-horsepower gasoline car because it doesn't fit my lifestyle or budget, but that doesn't mean I can't appreciate the engineering that went into it. Purchasing a vehicle is a personal decision and for some people the idea of a battery electric car is perfect. Others want a gasoline/electric hybrid. And there are some drivers who want the fastest most powerful car on the planet. To me having the ability to make that choice is most important. And yes both the Hellcat and the Bolt are terrific cars.

I just purchased a new Ford F-150 and it is the nicest vehicle I have ever owned. I have two questions when I purchased the truck the dealer had nitrogen installed in the tires and I remember you had some thoughts on this. The second thing is the engine shuts off at a stop-most of the time. What do you think of nitrogen filled tires and can I shut off the engine stop feature?

Nitrogen will not hurt anything, but I'm cheap and I would never pay extra for nitrogen when regular air is free and contains 78 percent nitrogen. Pure nitrogen does no seep as much so tires should stay properly inflated longer

and carries less moisture which will help with corrosion issues that some alloy wheel suffer. There is a button on the dash to shut off the idle stop feature (you need to do it each trip) which many owner's find annoying. Some owners have gone so far as buying a trailer light test plug and leave it installed, which defeats the idle stop.

I have a 2015 Nissan Sentra. For the past few months, I have had trouble starting the Car. Sometimes it starts and just as much will not start. I've taken it to Nissan, first they said it was a weak battery and replaced it with a new one. That didn't work. Then they said it was the brake switch - it seemed ok for a day or two but now it's back to where it was when I first brought it in. When I put my foot on the brake pedal, it doesn't go down. I wait 4/5/6 minutes then usually it starts. I'm a senior and afraid that one day it will not start at all, so it prevents me from driving outside my very local area. As I already mentioned, if I wait long enough, it has so far, started. Do you have any suggestions?

The hard brake pedal may be a clue. The Sentra with the smart key push button start requires that you push on the brake pedal to have the car start. I think the dealer was on the right track when they replaced the brake light switch. I suspect the brake power (vacuum) booster is losing vacuum causing the pedal to be hard to push to the point the brake lights turn on, signaling the car's computer it is okay to start. The problem could be a leaking brake power booster or even condensation in the booster vacuum line.

I am considering a new car and I am looking at the Hyundai Sonata hybrid. I have two questions: what do you think of this car and with all of the problems Hyundai had with their engines in the past few years would you trust the engine in the hybrid to last?

Hyundai certainly had its share of problems with two certain engines that would basically self-destruct and catch fire. It appears that the problem was remedied in the 2018 and newer models (time will tell). The engine in the new Sonata hybrid is not subject to any recalls. Regarding the car itself, it is an extremely good car. The ride is comfortable, five adults can fit in the car with reasonable comfort and the fuel economy is outstanding at 52 miles per gallon according to the trip computer during my test drive.

Is there anything we can do about these alloy wheels that cause the tires to lose air during cold spells? It's ridiculous to constantly be going to the air pump and the mechanic for air. I have even had the repair shop use an anti-oxidizing lubricant on the wheels to prevent corrosion, but still need to add air.

About all you can do short of replacing the wheels is to try again to clean and seal the wheels. Dismounting the tires, cleaning up the corrosion and then applying a quality bead sealer can sometimes work. General Motors years back would recommend, dismounting the tire, cleaning up the rim with medium coarse sandpaper and carburetor spray and sealing the leaking area with silicone gasket cement. A couple of years back a reader had a leaking wheel, they cleaned the wheel with alcohol and then coated the wheel with FlexSeal, let it dry overnight and had the tire reinstalled. Personally, I have had pretty good luck buffing/sanding the wheel where the tire bead locks and then using plenty of bead sealer.

I had to drive home in the snow one day and my windshield wipers kept getting clogged with ice and would raise off the windshield. I would have to pull over and knock the ice off only to have it happen again in about 15 miles. What can I do?

The first place to start is to make sure your car's defroster is working properly and directing plenty of air to the windshield and the engine is getting fully up to temperature. If everything is operational switch your wiper blades to an all-weather or winter blade. These blades are a beam design or use a cover (metal/plastic or rubber) to block ice from build-



JOHN PAUL
AAA's Car Doctor

ing up in the fingers of the wiper blade. The all weather blades are a bit more expensive but in my opinion worth the money.

When I bought my Nissan Altima back in 2010, I added the accessory of a clear mask to protect the front of the hood and fenders. It was put on with an adhesive. These days, the mask is cracking and my hood looks terrible. Picking at it with a finger, it feels like it will chip off. Can I somehow peel or chip the mask off, and if so, what is the best way to do so, without damaging the hood? Also, what would be the best way to remove the adhesive safely?

Typically, this type of film lasts about five to seven years, so you did really well getting 10 years out of the clear mask on your car. I have removed this type of vinyl film with a heat gun and plastic scrapers. Typically, once you can pull up a corner you are in pretty good shape to remove larger pieces. Then while continuing to gently heat the adhesive you can take off the larger sections. Once you have all the film removed then you can clean the adhesive with adhesive remover. Once you have removed the film, cleaned up the paint with polishing compound and then apply to wax to restore the paint.

I have a 2008 Jeep Compass; the vehicle is two-wheel drive and has a five-speed manual transmission. Sporadically the warning lights for the anti-lock brakes, airbag system and traction control turn on. This seems to be affected by temperature - more warnings in hot weather and in cooler weather less often. I am able to reset them while under way at highway speed by turning off ignition for a few seconds. This works for a while and then the lights come back on. I been told several things. First, the problem is with the computer and a new module is needed, which I have been told is quite expensive. A used computer is just about impossible because of the manual transmission and front wheel drive, rather than the more popular four-wheel-drive. I have also been told that it is not the computer but a sensor in one of the wheels. My current mechanic says it is most likely the computer and he offered to remove and try to get it rebuilt. Lastly, all say given the age and mileage on car which runs fine, leave it alone and to just ignore the lights and drive the car. I'm interested in your take on this issue.

The problem could be either or both of those issues causing the warning lights to come on. Although I would be looking for a poor electrical connection specifically poor ground wire connections. The best thing to do is spend some time with a voltmeter and check for voltage drop across these circuits. Now certainly at 12 years old one of the wheel sensors for the ABS brakes could have failed, which would also disable the traction control system. It is the idea that the ABS and airbag lights come on together lead me to believe it is a ground problem. This is also a case of where time could be a good diagnostic tool. Over time the issue will get worse and the problem will be easier to find.

What car or SUV can I buy without start-stop technology. I have rented a couple of new cars and they have this feature and I hate it.

I have driven a lot of vehicles over the years and every vehicle that I can think of since 2018/2019 has this gas savings feature. The idle stop feature is well intended and is designed to save fuel. In my road tests, I'm not sure it actually does. When manufacturers add this feature there is an automatically calculated bump in EPA fuel economy numbers. This is no different than years ago, some manual transmission vehicles had "upshift" lights. When the manufacturer added this light the EPA fuel economy number went up one mile per gallon-on paper. Nearly every vehicle with this system has some ability to shut it off, at least for that one trip. Some manufacturers govern the system by how hard you press the brake pedal. Light pressure on the brake at a stop, the engine keeps running, heavy pressure the en-

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Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 20

gine shuts off.

It's amazing the car companies build disposable engines. I think Honda and Toyota have some steel sleeved aluminum engines; you can probably tell by the ones that last. Also, supposedly all aluminum engines use more oil. I read that it only costs manufacturers \$5 a sleeve in quantity to put them in. Pennywise, pound foolish, what do you think?

When Chevrolet introduced the Vega, it had an all-aluminum engine, and it was terrible. The block and cylinder heads would distort so badly that some shops would sandwich two head gaskets together to get the engine to seal. As bad as the Vega was it was the beginning of light-weighting. The idea of building lighter engines that improved performance and increased fuel economy has developed to the point now that engines require less maintenance and last longer - many lasting 250,000 miles or more. Today, nearly every engine that I see has an aluminum block and cylinder head(s) with cylinder sleeves to prevent wear.

I'm having problems with my 2013 Nissan Versa. A while ago it started doing

this weird jerking or shuddering thing; it seems to do it more when I'm driving along and then come to a stop sign or light. Or, when I'm in reverse and then put the car into drive. The car isn't fond of going uphill either. Someone told me that they heard that some Nissans were having CVT transmission problems and I should call a dealer to find out more about it. The dealership I called said that my warranty had been extended - it was good up until Jan 10th, 2020 or 84,000 miles. When I called, my car had just a little over 85,000 miles, so the warranty was expired. My friend told me even though it wasn't a recall, it still could be considered a lemon and I should call a lawyer although I don't want to be tied up in court proceedings or whatever for who knows how long. I'm not sure if putting the money into repairing the transmission is the way to go or if I should just bite the bullet and get a new vehicle.

At this point I would bring the car into the dealer or a good independent repair shop for an evaluation. The transmission was problematic in some Versa models which is why the warranty was extended. The repair could be as simple as a software upgrade to the vehicle's computer or a replacement transmission. In addition, something as simple as

the beginning of an engine misfire due to a worn sparkplug could also cause the same type of symptom. Once you get a complete evaluation of the car, you will be in a better position to make a decision.

I am very interested in purchasing an "all-electric" vehicle in about two years. I am retired and my driving now is usually less than 25 miles per day and in warmer months rarely more than 80 miles with drives to the coast. I have recently been reading about many electric that now have a range of 200 miles or more. I currently own a 2017 RAV4 and plan to keep it for the rare long trips I take. My question to you is what is the maintenance on an all-electric vehicle? Prior to the purchase I plan on installing a charging system in my garage.

There is very little maintenance to a battery-electric vehicle. Some electric vehicles such as Kia and Hyundai do require coolant to be changed every 30,000 miles. The Nissan Leaf also uses electric drive coolant but doesn't have an interval for service. Conventional items such as the cabin filter will get dirty and of course tires will wear out. With regenerative braking even brake pads last a very long time.

The scheduled maintenance on most electric vehicles is just a series of checks without parts replacement.

I need an opinion. I'm thinking of buying an electric scooter, maybe for quick trips but also to keep in the back of my SUV for emergencies. What do you know about e-scooters and what do you think of the idea?

I have seen e-scooters and rode a "rental" scooter and it was okay. I have seen some that claim speeds of up to 50 miles per hour and fairly long range. The average scooter in the \$500-\$1,000 range seems to have a range of about 25 miles and speeds of 15-20 miles per hour. The speed is less of a concern than power/torque and range. The idea of stopping from higher speeds (40-50 MPH) on tiny tires terrifies me. If I was to buy a e-scooter I would be looking at range, motor power, overall weight (under 45 pounds) and carrying capacity. I would also want a scooter with some type of suspension to smooth out the ride and a decent deck size for your feet.

I read an article that was titled "Glass Class" talking about caring for your windshield (you were quoted). The article was pretty thorough about "Improper

Cleaning", where the author talks about what not to do but not what to do. How should you care for auto glass and proper cleaning?

Here is the correct method to clean a windshield or any auto glass. Cleaning at extreme temperatures is difficult (below zero over 90 degrees can cause issues with window cleaners). If the windshield is especially dirty or covered with tree sap clean that first. Under normal circumstances start cleaning with a good quality window cleaner (Mrs. Car Doctor likes Sprayway or Stoner Products-Invisible Glass) use plenty of paper towels. Once you are satisfied with the outcome then go over the window inside and out with a good quality microfiber cloth. The microfiber cloth will pick up any missed filmy residue. Recently a listener to my radio show recommended Windex Electronic wipes - he said they did a great job of removing the film that builds up on the inside of the windshield. I have not tried those wipes yet. I have seen some shops buff the windshield with an electric buffer and specialized polishing compound to remove accumulated grime, grit, and even light scratches. To promote the life of the windshield don't tailgate on the highway, following closely promotes sandblasting of the glass.

Squirrels are getting into my car and storing their acorns there. I recently had several handfuls of acorns removed from the heater fan at a cost of \$121, which I do not want to repeat often or ever again. But I have since heard a noise that sounds like acorns rolling around, so I guess the squirrels are not done with me for the season. How can I prevent this from continuing? I have read about the use of mothballs, but I don't really know how or where to put them. Also, won't they create an awful smell inside the car? Please tell me what suggestions you might have.

Mothballs are not a good idea, since they are poisonous and pretty stinky. You could try fabric softener dryer sheets-tied under the hood. Some other people have had good luck with oil of spearmint which is not poisonous and smells pleasant. Some wildlife experts recommend using bitter apple spray or other spray on animal repellents. I had an inventor on my radio program that developed a car cover that goes all the way to the ground and will keep out rats and mice so it should work for squirrels. It is a bit bulky but effective. The product is called Cover Seal (www.getcoverseal.com).

My 2008 Toyota Highlander V6 3.5-liter engine has 80,000 miles on it. It runs great except there are two warning lights that used to turn off after starting, but now stay lit. I took it to the Dealership's Service Department for the 80,000-mile maintenance service. I mentioned the ABS light and the VSC light staying on and was told that the sensor for the VSC would cost about \$600 to replace it. And the ABS could be another expense to fix even though I had complete front and rear brakes replaced about 10 months ago. I was told by not having either of those two repaired my state inspection would not fail because of the VSC and the ABS warning lights. What do you think or recommend what should be done?

I suspect the problem is related to one of the wheel sensors for the anti-lock brake system. The anti-lock brake system although it works with the conventional braking system is not something that is serviced during a brake pad/shoe replacement. When one of the wheel sensors fails it will disable the anti-lock brake system as well as the vehicle stability control system and, in some cases, the four-wheel-drive system. If this were my car, I would want to get it repaired so all the systems work as they were designed, especially with winter weather here.

SENIOR NEWS LINE

by Matilda Charles

Ordering Your Free Credit Reports

For years we've been able to get one free credit report per year from each of the three credit bureaus. Right now, we're able to get a free one each week until the middle of April.

Why? Their generosity is likely due to the astronomical number of scams coming out of the COVID crisis. The number of unemployed crooks has surely gone up, making your good credit too enticing to pass up.

This is one time when constantly monitoring our credit is a good idea. Besides ordering your credit reports, one additional big step is to freeze your account, making it impossible for someone to apply for credit in your name.

All three credit bureaus (TransUnion, Equifax and Experian) can be accessed in the government clearinghouse website www.annualcreditreport.com ... theoretically, that is. In 2015, 2017 and today, I was only able to access TransUnion. For the other two I had to go to the individual website. One I had to call, as the website was down.

If you decide to order your credit reports by phone, allot several hours to the task and turn down any background noise so you'll be able to hear clearly.

Go to www.usa.gov/credit-reports to learn more about credit reports, scores, freezes and errors.

If you want to try to get all three reports at once, call 1-877-322-8228 at the Annual Credit Report location. The others are:

Equifax: 1-888-548-7878 or 1-800-685-1111; equifax.com.

Experian: 1-888-397-3742; experian.com.

TransUnion: 1-800-916-8800 or 888-909-8872; transunion.com.

Once you get your report, either online or in the mail, study it carefully. Look for accounts that you never opened and the names of people you don't know. Be sure all the information is correct. If you need to file a complaint, go to fic.gov/complaint or call 1-877-FTC-HELP (1-877-382-4357).

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VETERANS POST

by Freddy Groves

Get the VA Welcome Kit

It doesn't matter if you've been out for years or are just now separating from the service, the Department of Veterans Affairs has a gift for you: the VA Welcome Kit. It's something every veteran needs to have on hand for current information you need now or things that can come up over the years.

It's all about your VA benefits and the services it offers for the veteran, families, survivors and caregivers. Each kit has over a dozen quick-start guides for a wide array of topics, including health services for women, accessing urgent care, mental health services, getting caregiver benefits, home loans, explanation of disability ratings, applying for burial in a VA cemetery and getting educational benefits. They give step-by-step instructions, as well as listing the documents you'll need, links to specific web pages (put your cursor on one and click), telephone numbers and departments within the VA system.

Getting one of the kits is easy: Just download it (www.va.gov/welcome-kit) as a .PDF file either in black and white or color. If you only want one specific guide, scroll down the page and pick your topic. Further down are links to other topics such as housing assistance, careers, life insurance, pension and more.

I give this kit an A grade. The VA put a lot of thought into it, and it's well done. Take a look. So far there have been over 1 million downloads. Suggestion: Print it out (42 pages) and put it in a folder so it's handy.

As a final note: Are you still doing the full minute hand washing? Never mind the 20 second wash, go for the full minute. Keep your nails short and scrubbed. Wash often. It doesn't matter that the vaccine is now being given. Don't slack off. For a long time we'll still need to do the distancing and mask wearing ... and hand washing.

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top ten

Easy-to-Grow Houseplants

- Snake Plant
- Chinese Evergreen
- Dumb Cane
- Spider Plant
- Golden Pothos
- Dracaena
- English Ivy
- Peace Lily
- Schefflera
- Heart Leaf Philodendron

Source: www.GardenMandy.com

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OBITUARIES

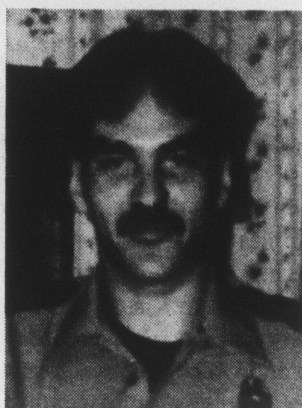
Ronald Larson, 58

Ronald "Ron" Larson died Jan. 7 at the age of 58.

Born in Quincy, he was the youngest son of the late Louis and Eleanor Larson. He is survived by his devoted sisters, Joyce Larson of Plymouth and Barbara Mullen of Quincy. Brothers Louis of Hull and Wayne of Quincy and sister Maureen Gill of Scituate. He was predeceased by his brothers Allan and Larry Larson.

Mr. Larson had many nieces and nephews but was especially close to Julia and David Tripp of Plymouth.

Joyce, Barbara and Bob opened their hearts and home to Mr. Larson when he needed it the most which helped make this life a little



RONALD LARSON

easier. Unfortunately, Mr. Larson lost his battle with alcohol, may he now rest in peace.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

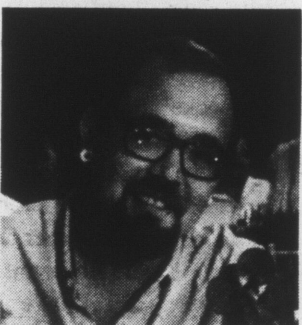
Daniel M. Smith, 28

A funeral Mass for Daniel Martin "Dan" Smith, 28, of Braintree, formerly of Quincy, was celebrated Jan. 16 at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Smith died suddenly following a long battle with hemochromatosis on Jan. 11 at Cape Cod Hospital in Hyannis.

He was born in Weymouth on April 11, 1992. He was a cherished son of Randall W. and Christine A. (King) Smith of Braintree. He was the loving brother of Abigail Elkins and her spouse Lewis, Dehlia Smith and Kelly Marr, all of Braintree. Also survived by many loving aunts, uncles, cousins and friends.

Mr. Smith lived most of his life in Braintree and was a 2010 graduate of Braintree High School. He played football and was the captain of the wrestling team. After graduation, Dan attended Le Cordon Bleu in Boston. Mr. Smith worked his way around a few restaurants in Boston and the South Shore.



DANIEL M. SMITH

His passion was pastry. Mr. Smith's dream job was realized when he became a pastry chef at Fenway Park. He also opened his own small pastry business: Fit For A King Confections.

Mr. Smith loved to cook, his family and dogs. He will be missed by all the lives he touched.

Following cremation, Mr. Smith will be interred privately.

Memorial donations may be made to the Red Sox Foundation, 4 Jersey St., Boston, MA 02215.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

John Skarbinski, 85

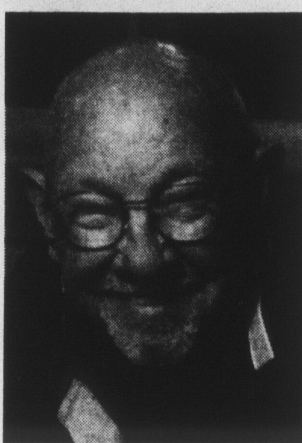
John "Scub" Skarbinski, age 85, of South Boston, formerly of Quincy, died peacefully Jan. 12.

After seventeen years, he is reunited with his beloved wife Patricia Skarbinski (Alisio).

Loving son of the late Joseph (Gramps) Skarbinski and brother of the late Helene Joyce (Skarbinski). He is survived by his four children and their spouses, Jay Skarbinski and his wife Domenica of Hanson, Michael Skarbinski and his wife Beth of Southern Pines, NC, his favorite daughter, Catherine Scieszko (Skarbinski) and her husband Joseph of Braintree, and Michael Keiran-Fox of New York, NY. Pup/Papa-Scub, as he was lovingly called by his nine grandchildren, leaves behind Kristina Skarbinski and her husband Ryan Flinders, Victoria Skarbinski, Mitchell Scieszko, Jake Scieszko, William Skarbinski, Carolynne Bacon (Skarbinski) and her husband Jameson, Edward Skarbinski and his wife Hilary, Michelle Skarbinski and Meghan Skarbinski.

Mr. Skarbinski retired in 2003, after working 41 years from the United States Postal Service, most recently as a clerk at the Quincy post office. He loved big band music and dancing the polka. When he wasn't cooking or enjoying the breeze on his front porch with a newspaper in hand and candy on his lap, you could find him walking around his favorite city, getting in his daily two mile walk for "therapy." On his walks, he would frequently add to his pen collection. Mr. Skarbinski was an active member of the Chippewa Club of South Boston, where he spent many a late evening chatting with his friends.

A longtime fan of all



JOHN SKARBINSKI

Boston sports, he hardly ever missed a Patriots game in 60 years. He coached numerous teams in Southie and East Bridgewater throughout the decades. It was a great joy for him to see his children and grandchildren on the field. When he wasn't coaching, you could find him cheering from the sidelines.

Mr. Skarbinski spent his summers in New Hampshire, swimming in and boating on Newfound Lake, where it was always a race to see who would be the first one in. His favorite destinations were those with a beach, as he firmly believed salt water could cure everything. To Mr. Skarbinski, nothing was better than sitting seaside on Cape Cod or on a bench at Carson Beach and Castle Island. If he couldn't take the T somewhere, you know he would be the world's greatest backseat driver - don't worry, he has a map.

After surviving a massive heart attack that Tom Brady induced in 2017 with the greatest Super Bowl comeback in the history of the NFL and lymphoma in 2018, it is with great sadness that Mr. Skarbinski's story came to a close due to complications related to COVID-19.

Of all of his accomplishments, Mr. Skarbinski was most proud of his family. In his final days he wanted to make sure his family knew he loved them all and was proud of each and every one of them.

Memorial donations may be made to the Prostate Cancer Foundation, the American Heart Association, the Leukemia & Lymphoma Society, or Mass General Hospital.

Funeral arrangements were made by Casper Funeral Services, Boston.

Concetta M. Sabatini

A funeral Mass for Concetta M. "Connie" (DiBlasi) Sabatini of Canton, formerly Quincy, was celebrated Jan. 15 in St. John the Baptist Church, Quincy.

Mrs. Sabatini died Jan. 9.

She adored her family, especially her husband and children. Being a mother was her greatest joy in life. She was a creative cook and during the holiday season, friends and family would line up to take home her famous sausage bread and chocolate cream pies. She loved hosting holidays in her home and making sure everyone was well fed. She enjoyed playing the piano, drawing, crocheting, and traveling to Florida with her husband after retiring. Mrs. Sabatini worked for many years in the healthcare field caring for the sick, disabled veterans, elderly, and babies. She was an eternal optimist and a prayer warrior. Mrs. Sabatini loved everyone unconditionally and her presence radiated warmth and love. She will be greatly missed.

Beloved wife of the late Alfred L. Sabatini. Devoted



CONCETTA M. SABATINI

mother of Diane Volpe and her husband Luciano of Westwood, Robert Sabatini and his wife Lisa of Weymouth, and the late Alfred J. Sabatini. Cherished sister of Albert (Nino) DiBlasi of Canton and the late James Cardella and Antoinette (Nina) Kasianowicz. Also survived by many nieces and nephews and predeceased by her beloved dogs Cha Cha, Gigi, and Bella.

Interment at Knollwood Memorial Park, Canton.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Veola M. Randall, 93

Veola M. "Lola" (Mayo) Randall, age 93, a lifelong Quincy resident, died peacefully Jan. 8 at Seasons Hospice Milton Inpatient Center.

She was born in Quincy, to the late Paul and Syria (Nesti) Mayo. She was raised in Quincy and was a graduate of Quincy High School, Class of 1945.

Mrs. Randall was an active parishioner of Saint John the Baptist Church in Quincy. She served on the parish council, as chairperson of the St. John's Bazaar and field days, and as a girls' basketball coach. Mrs. Randall also volunteered at the St. Anthony's Festival. She was past president of the Women's Club.

Mrs. Randall was also involved in the Girls Scouts at St. John's, serving as the chairperson of the Quincy Girl Scout Council and a leader of a Girl Scout troop. She was awarded the St. Anne's medal, the highest national recognition for adults serving Catholic youth through the Girl

Scouts.

Family, friends, and the priests of Saint Joseph's Church will long remember her skills as a phenomenal cook and baker. She also enjoyed embroidery and traveling. Most of all, she was devoted to her family.

Beloved wife of the late Maurice A. Randall. Devoted mother of Maurice A. Randall II and his wife Kathy of Roslindale, Christina M. Randall of Quincy, Mark B. Randall and his wife Paula of Hanson, Stephen H. Randall and his wife Marybeth of Hanover, and Paula A. L'Heureux and her husband Robert of Weymouth. Loving grandmother of Meagan, Timothy, Maureen, Caitlin, Darcy, Christopher, Matthew, and Jack. Cherished great grandmother of Hannah and Logan. Dear sister of the late Joseph Mayo. She is also survived by many nieces, nephews, and cousins.

In light of current events, funeral services were private. A Funeral Mass was celebrated in Saint John the Baptist Church in Quincy and interment took place at Mount Wollaston Cemetery.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

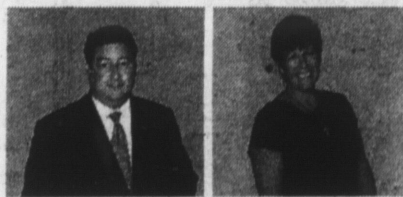


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OBITUARIES

Kathleen A. Hedlund, 71

Kathleen "Kathy" A. Hedlund, age 71, of Quincy died Jan. 11 after a brief illness.

She was raised and educated in Weymouth. After high school she worked while going to school at night to earn her bachelor's degree. She married her husband Bob in 1982 and they settled in Quincy together.

Mrs. Hedlund cultivated many fond memories at South Shore Yacht Club where she and Bob enjoyed boating for many years and she was a gold anchor member. They were also avid Patriots fans and loved going on cruises.

She was predeceased by her husband Robert Hedlund Sr. She is survived by her stepchildren Bob Hedlund Jr. and Heather Hedlund, and her cherished grandchildren Julia and John. She is also survived by her siblings Peggy Trubia and her husband Larry, Danny Barrett,



KATHLEEN A. HEDLUND

and Billy Barrett and his wife Stephanie, and many loving nieces and nephews.

Services for Mrs. Hedlund are in the care of C. C. Shepherd Funeral Home, Weymouth, and will be private to honor her wishes.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Salvation Army at massachusetts.salvationarmy.org/MA/makeagift or the Massachusetts Humane Society at masshumane.org.

Mary E. Pritchard, 92

Mary E. "Marie" (Taylor) Pritchard of Quincy died Jan. 14 at the age of 92.

Born in Boston of the late Samuel and Mary (McCarthy) Taylor, she grew up in Houghs Neck and graduated from Quincy High School. Mrs. Pritchard traveled with her husband and family as the wife of a 30-year career marine, living mostly in the south and loving it. She worked as a hair dresser and as an operator for New England Telephone. She loved to sew, knit, read and be with her family. Anyone who knew Mrs. Pritchard has her famous bag holder hanging somewhere in their home.

The beloved wife of the late John "Jack" Pritchard for 59 years, Mrs. Pritchard was the sister of the late Claire Varraso and her late husband James "Duke" Varraso, the late Lorraine Heffernan and her husband Joseph Heffernan and Donna Schaffer and her late husband Henry "Butch" Schaffer; beloved mother of John E. Pritchard and his wife Connie of Boston and Joan Pritchard Caruso and her husband John of Duxbury; loving and devoted grandmother of Daniel Pritchard of Watertown, Jill (Pritchard) Ghareeb and



MARY E. PRITCHARD

her husband Jonathan of VA, Steven Pritchard and his wife Mary of Andover, Michael Pritchard and his wife Alicia of Hanover and Christopher Pritchard of WA; cherished great grandmother of Ford and Caroline Ghareeb, Harriet Pritchard, Reagan Pritchard, Jack Pritchard and Benjamin Pritchard; and is also survived by her many nieces and nephews.

Services will be held at a later date.

Memorial donations may be made to Boston Children's Hospital, 300 Longwood Ave., Boston, MA 02115 childrenshospital.org or to the Paralyzed Veterans of America, PO Box 9533, Wilton, NH 03086 pva.org.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Faithful Leaders-I" (Hebrews 2:1-4); reader is Ellen Leonard.

Online dial-in/web meeting weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting - Gospel of John
- Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans

Kenneth L. Blackman, Jr., 80

Kenneth L. Blackman, Jr., age 80, of Braintree, formerly of Quincy, died peacefully, Jan. 14, at South Shore Hospital in Weymouth.

He was born in Quincy, to the late Kenneth L. and Mary T. (Sebastini) Blackman. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1958.

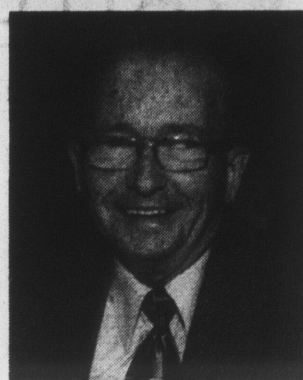
Kenneth had lived in Braintree for over 25 years, previously in Quincy.

Kenneth was employed as an Underwriting Assistant at the Massachusetts Property Insurance Underwriting Association for 48 years and was still working at the time of his death. He enjoyed many longstanding relationships with his colleagues there.

Kenneth was talented at drawing and enjoyed traveling, having travelled extensively throughout the country and abroad during his life. He also enjoyed musicals from the Golden Age. Kenneth was a thoughtful and generous person who will be greatly missed.

Devoted brother of Lois G. Bonaglia of Braintree and her late husband John.

Loving uncle of Sheri B. Gushta and her husband Matthew of Exeter, N.H.,



KENNETH L. BLACKMAN, Jr.

John G. Bonaglia III and his wife Kathryn Boschert of Oradell, N.J.

Loving great-uncle of Lillian, Jack, Ethan, and Genevieve.

Kenneth is also survived by many dear friends and colleagues.

In light of current events, memorial services will be conducted at a later date.

For those who wish, donations in Kenneth's memory may be made to The Boston Foundation's COVID-19 Response Fund, 75 Arlington St., Third Floor, Boston, MA 02116 or by visiting www.tbf.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Karen Bergstedt Gronendyke

Karen Bergstedt Gronendyke, age 60, of Braintree, formerly of Quincy, died peacefully Jan. 15 at Seasons Hospice Milton Inpatient Center.

She was born in Quincy, to the late August E. and Christine R. (Ortlepp) Bergstedt. Raised in Quincy and Braintree, she was a graduate of Braintree High School, Class of 1977.

She had lived in Braintree for twenty-two years, previously in Quincy.

Mrs. Bergstedt Gronendyke was employed as a manicurist in the cosmetology industry for many years. She worked at Salon LaRue on Columbia Street in Weymouth for the past eighteen years and enjoyed many longstanding and treasured relationships with her clients and co-workers.

She was a devotee of a healthy diet and lifestyle. She also enjoyed reading, museums, trips to New Hampshire, and especially cruises to Bermuda.

Mrs. Bergstedt Gronendyke was a selfless person who put the needs of others before her own. Most of all, she was devoted to her family, especially her cherished husband and son.

Beloved wife for twenty-two years of Mark A.



KAREN BERGSTEDT GRONENDYKE

Gronendyke. Devoted mother of Adam B. Gronendyke. She is also survived by many dear friends. She will be remembered for her generosity, loyalty, and compassion.

Memorial visitation will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, Thursday from 4 to 6 p.m. Relatives and friends are invited to attend. Services are operating in accordance with current guidelines.

At the request of the family, graveside services will be conducted at a later date.

Memorial donations may be made to Shriners Hospitals for Children, Processing Center, P.O. Box 863765, Orlando, FL 32886 or Franciscan Children's, Attn: Advancement Department, 30 Warren St., Brighton, MA 02135.

Council Accepts BRAVE Act Tax Exemption

By SCOTT JACKSON

Parents and guardians of service members who died in service to the country are now eligible for a property tax credit if they reside in Quincy.

The City Council on Jan. 11 unanimously approved adopting the section of the state's 2018 Act Relative To Veterans' Benefits, Rights, Appreciation, Validation And Enforcement, also known as the BRAVE Act, that gives local communities the right to grant such an exemption among other measures. Mayor Thomas Koch had asked the council to adopt that portion of the act.

The law provides a full property tax exemption to the surviving parents and guardians of service members, including National Guard members, who during active duty service suffered an injury or illness documented by the U.S. Department of Veterans Affairs or a branch of the armed

services that was the proximate cause of their death or who are missing in action with a presumptive finding of death as a result of their active duty status.

To be eligible for the exemption, the parents or guardians must have been domiciled in Massachusetts for the five years immediately prior to seeking the exemption. They would also be eligible if the service member had been domiciled in the state for six months before entering the armed services.

The exemption is available to eligible parents and guardians until their death.

Councillor Noel DiBona welcomed the adoption of the local tax exemption for surviving parents and guardians.

"I would just like to thank the mayor and the administration for bringing this BRAVE Act to Quincy, Massachusetts," he said. "I just overall thank you, Mayor Koch and the administration, for bringing this forward for Quincy - happy

to support this."

LEGAL NOTICE

CITATION
Docket No. NO20P3085PO
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
In Re: Estate of
Charles F. Sullivan
(case name)

To all interested persons:
A petition has been filed by:

Suzanne Smith of Holbrook, MA
requesting:

General Trust Petition for reasons more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 A.M. on 2/17/21.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Patricia A. Gorman, First Justice of this Court.

Date: January 12, 2021
COLLEEN M. BRIERLEY
Register of Probate

1/21/21

LAFF - A - DAY



"I warned you not to forget to ask the waiter for a doggie bag."

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO20C0241CA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the matter of:
Tommy Mettolfi

A Petition to Change Name of Adult has been filed by Tommy Mettolfi of Quincy, MA requesting that the court enter a Decree changing their name to:
Aryan Matoufi

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10 a.m. on the return day of 02/24/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 13, 2021
COLLEEN M. BRIERLEY
Register of Probate

1/21/21

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P2730EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Randall Manley
Date of Death:
April 25, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Cristiano De Pina of Boston, MA.

A Will has been admitted to informal probate.

Cristiano De Pina of Boston, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

1/21/21

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore?

Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items

online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

- **Choose an appropriate platform.** Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.
- **Know the worth of your items and price appropriately.** To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. On auction sites, look at completed sales and pay attention to the selling price rather than the minimum bid price. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.
- **Get appraisals for high value items.** If you are selling jewelry made with precious metals or stones, get an official appraisal before you list or sell the items.

Keep in mind that jewelers may give you a lower price quote as they intend to make profit on a resale. If you are in possession of antiques or artwork that is worth over a thousand dollars, consider getting a written opinion on the item's worth from a professional appraiser. This will give you a better idea of the price you should set and how much insurance you need to cover the sale.

• **Make a quality listing.** Without a good listing, you may not sell your item. NBC News advises putting care into the photos you take of an item. Make sure the images are clear and accurately show the item's color, form, and other key details. You'll also want to include specific measurements and detailed written descriptions that inform buyers of any flaws the item may have, no matter how small. Make it clear that the price you set takes the flaws into account. Finally, use search engine words in your item description that accurately describe the item, its aesthetic, and

NOTICE OF PUBLIC HEARING

Case ZBA 20-10

NOTICE OF PUBLIC HEARING

This case is remanded back by land court.
The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **JOHN T. MAKI & DEBORAH HEATH-MAKI** for a **VARIANCE** to redi- vide the lot into two lots and construct a single family home on the newly created lot, in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **93 GRAND VIEW AVENUE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals
Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>
Meeting ID: 987 3348 9241
Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
Meeting ID: 987 3348 9241
Passcode: 782433
Find your local number: <https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.
1/21/21, 1/28/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-85

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **KEVEN TAYLOR** for a **VARIANCE** to remove the existing deck and replace it with a two story addition in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **65 APTHORP STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals
Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>
Meeting ID: 987 3348 9241
Passcode: Quincy
Dial by your location
+1 646 558 8656 US (New York)
Meeting ID: 987 3348 9241
Passcode: 782433
Find your local number: <https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.
1/21/21, 1/28/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P3052EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Richard W. Kershaw
Date of Death:
09/14/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Christina K. Palmer of South Easton, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Richard J. Schoenfeld, Esq. of Newton, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/10/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 06, 2021
COLLEEN M. BRIERLEY
Register of Probate

1/21/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0002EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Eva Gorberg
Date of Death:
07/21/2006

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Daniel G. Raymond of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Daniel G. Raymond of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/10/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

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WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 04, 2021
PATRICK W. McDERMOTT
Register of Probate

1/21/21

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House, Senate Pass Landmark Climate Change, Health Care Legislation

Cont'd From Page 4

ment programs including those targeting low-income communities and improves gas pipeline safety.

"This legislation represents a major piece of climate legislation that will set the course of the Commonwealth for the next three decades," said Mariano, the

House speaker. "Today we send a message loud and clear that Massachusetts will empower our environmental justice communities, achieve net zero emissions by 2050, continue to lead on offshore wind, increase equitable access to our clean energy programs, and create pathways to clean energy

jobs for underserved and low-income communities."

"I'm glad to have joined with my colleagues in passing the legislation to address climate change and create a roadmap for how to do so by 2050," Ayers said. "Massachusetts has always been a leader on the important issues being faced around

the country. Hopefully the passage of this bill signals that we are serious about the challenges climate change presents, and that we will take the steps necessary to protect our environment for future generations."

"Even during the midst of the pandemic, we did not lose sight of other ongoing

challenges we face," Chan said. "In addition to ensuring insurance coverage was not a concern for people as they work to protect their health, we also took major steps in protecting our environment. I'm very proud of both of these important pieces of legislation."

The climate change legislation was vetoed by Baker Jan. 14, but both branches have committed to refiling the same language from the bill at the beginning of the new session with high hopes that without the impending end of session the bill will move swiftly forward.

BBB Tips: How To Stay Safe When Making Online Sales

Cont'd From Page 24

its use to attract buyers who are actively looking for what you are selling.

• Prepare items for sale.

Before you pack your item for shipping, clean it thoroughly. If you are planning on selling multiple items online and want to keep buyers coming back, put some love into your packaging as well. Wrapping the item in tissue paper and including a thank you note can go a long way towards creating a returning customer.

• Understand the fees.

Each online marketplace has its own set of fees, which can vary quite a bit from platform to platform. Before you sign up, take some time to read the fine print and understand whether you'll pay a percentage of your sale, a flat rate, or both and how the fees are collected. In addition, find out how many sales each platform allows you to make each month.

• Consider swapping or donating used items.

If you decide not to sell an item,

consider donating it or giving it away to someone who needs it. Several online sites allow you to give things away to someone who needs them for free, lend and borrow items from others in your community, and even to trade items instead of selling them for cash. Check out this list of ways to swap used items from nonprofit Green America.

• Watch out for shady buyers.

Con artists often pose as buyers in scams. Sometimes they offer to

overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

• Be extra cautious when making local sales.

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items

and avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

• Always protect your personal information.

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

REQUEST FOR QUALIFICATIONS (RFQ)

REQUEST FOR QUALIFICATIONS (RFQ)

Request for Qualifications (RFQ)

City of Quincy, Massachusetts
Purchasing Department
1305 Hancock Street
Quincy, MA 02169

The City of Quincy invites sealed bids / proposals for Consultant Services for:

"ADA Self-Evaluation Plan and Transition Plan"

PLANNING DEPARTMENT

FEBRUARY 4, 2021 @ 2:00 PM

In accordance with M.G.L Chapter 44, Section 53G, The City of Quincy is soliciting proposals for furnishing consultant services for a ADA Self-Evaluation Plan and Transition Plan. Proposals will be received at the office of the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169, until **Thursday, February 4, 2021 at 2:00 p.m.**

The Scope of Services includes, but is not limited to, the following activities: Prepare a Self-Evaluation Plan and Transition Plan that complies with current ADA standards.

One contract may be awarded for the whole service, or more than one contract may be awarded if it is deemed to be in the best interest of the City of Quincy.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169 or by calling (617) 376-1060, between 8:30 AM and 4:30 PM, Monday through Friday.

Proposals shall be in accordance with any and all M.G.L. Chapter 7, all Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity, OSHA, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, Section 26, when applicable. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City. The City of Quincy reserves the sole right to amend this RFQ by formal addendum.

Thomas P. Koch, MAYOR
Kathryn R. Logan, Chief Procurement Officer

1/21/21

INVITATION TO BID

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

FIRE DEPARTMENT

SURPLUS VEHICLE

FEBRUARY 4, 2021 @ 2:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

The City of Quincy has declared the "1999 Emergency One surplus Vehicle" to be sold to the highest bidder. It shall be sold AS IS, WHERE IS to the highest bidder for each individual vehicle in accordance with Chapter 30B, as amended, without warranty, guarantee or liability of any kind on the part of the City of Quincy.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov and Questions will be accepted until January 29, 2021 at 12:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

1/21/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-88

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **PAUL PINTO** for a **VARIANCE** to construct an addition in violation of Title 17 as amended, Chapter 4.1 (table of dimensional requirements) on the premises numbered **1026 SEA STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYJZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 987 3348 9241

Passcode: 782433

Find your local number: <https://zoom.us/u/atSCyZwDu>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/21/21, 1/28/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-01

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **BRIAN KEEFE** for a **VARIANCE** to construct an attached garage with addition above in violation of Title 17 as amended, Chapter 4.0 (table of dimensional requirements) on the premises numbered **91 BAY VIEW AVENUE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYJZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 987 3348 9241

Passcode: 782433

Find your local number: <https://zoom.us/u/atSCyZwDu>

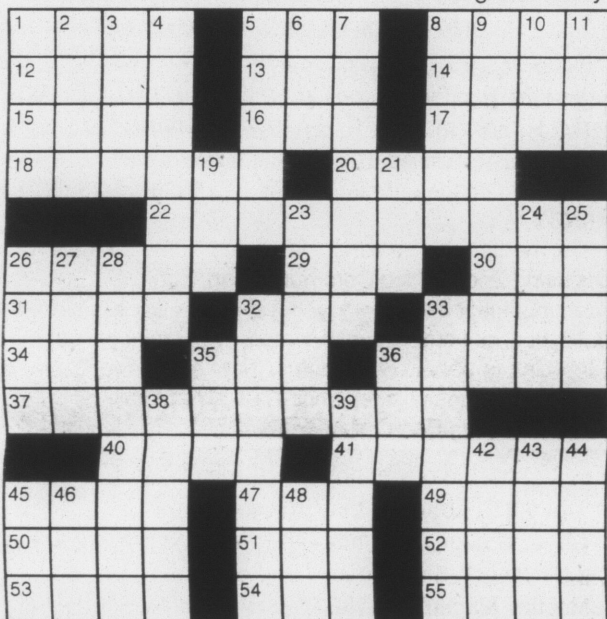
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/21/21, 1/28/21

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Wordworth work
 - 5 Spasm
 - 8 Billie — King
 - 12 Against
 - 13 Granada gold
 - 14 Sea eagle
 - 15 500 sheets
 - 16 Chess piece
 - 17 Right on the map?
 - 18 On an angle
 - 20 Dines
 - 22 Donald Duck's outfit
 - 26 Birth-related
 - 29 "Exodus" hero
 - 30 Vitamin stat
 - 31 Prior nights
 - 32 Pvt.'s superior
 - 33 Grant basis, at times
 - 34 Seminary subj.
 - 35 Take to court
 - 36 Smartens (up)
 - 37 Produce aisle
- DOWN**
- 1 display
 - 40 Pan handler?
 - 41 Rookie
 - 45 Boyfriend
 - 47 Business mag
 - 49 Press
 - 50 Formerly, once
 - 51 French vineyard
 - 52 Bandleader
 - 53 Makes lace
 - 54 "Dig in!"
 - 55 Salty septet
 - 1 Law firm aide, for short
 - 2 Till bills
 - 3 List-ending abbr.
 - 4 Brunch cocktail
 - 5 "Only Love" actress Marisa
 - 6 Lyricist
 - 7 Monarch's spouse
 - 8 Army vehicles
 - 9 Test-paper smudges
 - 10 Reply (Abbr.)
 - 11 Court divider
 - 19 Chum
 - 21 Swiss canton
 - 23 Beer type
 - 24 Nantes notion
 - 25 Tiny amounts
 - 26 Soft ball?
 - 27 Say it's so
 - 28 Put on the air
 - 32 Be enough
 - 33 Blockheads
 - 35 That lady
 - 36 Golfer Michelle
 - 38 Closes
 - 39 Full-length
 - 42 Party cheese
 - 43 Greek vowel
 - 44 Seth's son
 - 45 Wager
 - 46 Historic period
 - 48 Big D.C. lobby



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MAGIC MAZE • ADD-ONS

S S P N K T I F C A X V S Q O
L H C T (A P P E N D I X) J H E
C A Y X V T R I P N B L D P E
J H F R D B Y L R O X I V U G
T P E R O C N E N C V R P E A
O R M K I S G U E I S D B K D
Z E X T R A S Q D X G T W A N
U M T T N E M E L P P U S M E
R I Q O N L N S C J I G L O P
M U D N E D D A F C D C A P P
Y M X N O I T I D D A W V T A

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: Extra Income From your Employer

Accessory	Appendix	Makeup	Premium
Addendum	Dividend	Patch	Sequel
Addition	Encore	Plug-in	Supplement
Appendage	Extra	Postscript	

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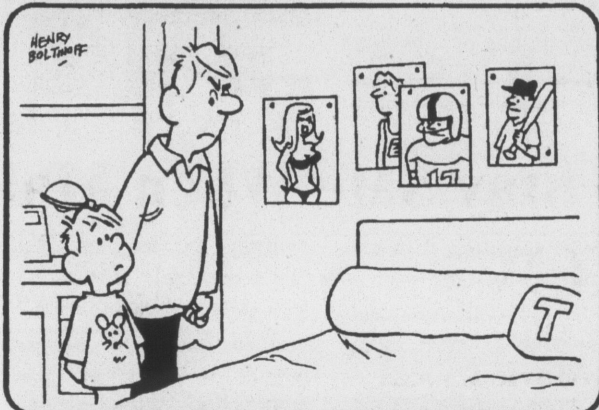
CryptoQuip

answer

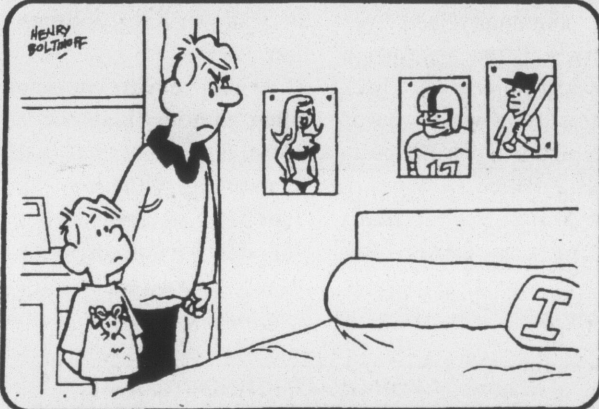
When some very valuable item gets shattered, I take it you'd have breaking news.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Letter on pillow is different. 2. Man's shirt is black. 3. Mouse design is different. 4. Lamp is missing. 5. Picture on wall is missing. 6. Curtain is longer.

Trivia test

by Fifi Rodriguez

1. **GEOGRAPHY:** What is the longest river in Asia?
2. **TELEVISION:** What is the name of the trashcan dweller in PBS' "Sesame Street"?
3. **FOOD & DRINK:** What kind of nuts are used to make marzipan?
4. **MOVIES:** What incantation did the fairy godmother use to transform the character in Disney's animated "Cinderella"?
5. **MEDICAL:** What is a more common name for onychocryptosis?
6. **ANIMAL KINGDOM:** What is a male goose called?
7. **LITERATURE:** In which famous work did the

phrase "eat, drink and be merry" appear?

8. **MUSIC:** What is the most watched video on YouTube?

9. **CHEMISTRY:** What is the chemical symbol of potassium?

10. **AD SLOGANS:** Which company, sells its popular clothing with the slogan, "Quality never goes out of style"?

Answers

1. Yangtze River
2. Oscar the Grouch
3. Almonds
4. "Bibbidi bobbidi boo"
5. Ingrown toenail
6. A gander
7. The Bible
8. "Baby Shark Dance"
9. K
10. Levi's

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Wishing Well®

3	7	5	3	4	6	4	6	8	3	4	2	4
E	P	S	X	R	A	E	C	T	E	T	J	U
3	7	3	6	8	4	8	5	2	8	6	4	8
R	R	C	C	A	R	K	P	O	E	L	N	A
7	3	4	6	5	4	5	2	5	7	4	7	3
I	I	T	A	R	O	E	Y	A	D	N	E	S
8	4	7	6	7	8	3	8	4	3	4	6	3
C	A	O	I	F	T	E	I	T	C	U	M	A
7	3	7	8	3	4	5	8	2	7	5	3	4
C	U	H	V	T	R	D	E	F	I	H	I	E
8	3	7	6	3	6	8	6	2	6	2	7	8
R	O	L	I	N	S	O	Y	U	O	L	D	L
5	6	7	5	2	6	8	7	6	2	5	2	7
O	U	R	P	D	R	E	S	A	E	Y	N	

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new

people. And as a bonus, you could find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: S equals T

ZMJK QVIJ UJBC UFREFWRJ HSJI
AJSQ QMFSSJBJO, H SFPJ HS
CVE'O MFUJ WBJFPHKA KJZQ.

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King Crossword

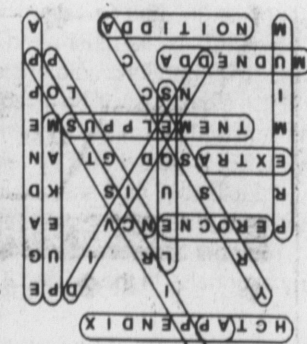
Answers

Solution time: 25 mins.



Magic Maze ANSWERS:

ADD-ONS



JAN

14

2021

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- The pandemic has changed life for all of us. As vaccines become more available and we try to return to what used to be our normal lives, there's a lot to adjust to. Moviegoers are not rushing back to theaters, and movie makers are trying to get them back.

Warner Brothers will release its first 17 films of 2021 to theaters and on the HBO Max streaming platform on same day, as it did with "Wonder Woman 1984." Other additional releases are "The Matrix 4," "Dune," "The Suicide Squad" sequel, "Godzilla vs. Kong," Lin-Manuel Miranda's "In the Heights," "Cry Macho" (Clint Eastwood's latest), a "Conjuring" sequel, "Space Jam: A New Legacy" and "The Sopranos" prequel, "The Many Saints of Newark."

The New York Times views this as a warning sign, calling it "a strikingly grim comment on the future of movie theaters." Meanwhile, HBO Max has struggled to attract subscribers to its \$15 a month platform since its May premiere. That despite offering access to HBO Max at no additional cost to those who subscribe to HBO through their provider or any other add-on service.

Chris Pine is following "Wonder Woman 1984" with the action film "Violence of Action," with Ben Foster, and is currently shooting the psychological thriller "Don't Worry Darling," with Florence Pugh, pop star Harry Styles and Olivia Wilde. But even

more exciting is that he'll star in the film version of the Hasbro Game "Dungeons & Dragons." Paramount Pictures emerged from long court disputes over the movie rights for this film, and since Chris Pine is still the star of its "Star Trek" franchise, they wanted him as star to create a new franchise. Filming starts soon in Belfast.

Jamie Bell danced as "Billy Elliot" and was **Bernie Taupin** in "Rocketman"; **Margaret Qualley** played dancer **Ann Reinking** (who passed away recently) in the miniseries "Fosse/Verdon." Now they will become the dynamic dance duo **Fred Astaire and Ginger Rogers** in "Fred & Ginger, a backstage story of how they became a duo, created their dance magic and disliked each other so much that it broke up the act.

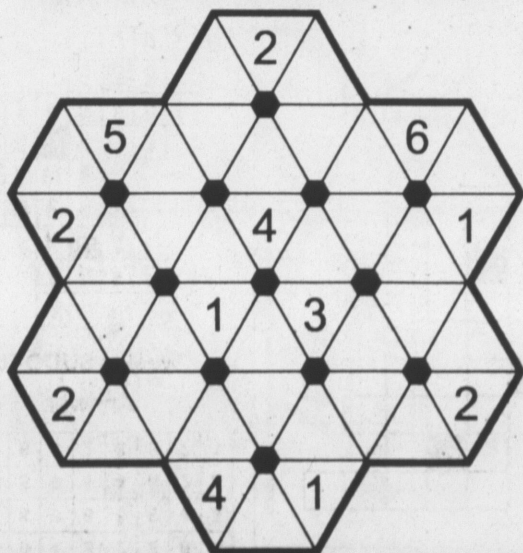
In fact, when the Kennedy Center honored Rogers, Astaire's widow, jockey **Robyn Smith**, 45 years his junior, demanded, as per Astaire's will, that they pay to show clips of Fred and Ginger dancing, knowing they'd never pay for clips. In 1986, famed Italian director, **Federico Fellini** starred his wife, **Giulietta Masina** ("Juliet of the Spirits"), and **Marcello Mastroianni** (frequent **Sophia Loren** co-star) in "Ginger & Fred," which Ginger Rogers sued over because of the use of her name and story.

Finally, we'll get to see if Fred or Ginger snaps!
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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Tristle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

* Moderate ** Difficult *** GO FIGURE!

	x		+		22
x		x		÷	
	x		+		33
+		-		+	
	x		+		17
28		18		16	

1 2 3 4 4 5 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Movie Clock

When an unfamiliar, puzzling item comes up at auction, there is no previous sale to give a hint of the value. So, when this Warner Brothers Pictures clock was offered at a William Morford sale, the catalog just said "minimum bid \$100." The cast iron is shaped like an ark. It has a clockface and the "clock" runs for a short time when the ark is rocked. The clockface shows scenes from the 1928 movie "Noah's Ark" -- a part "talkie" movie. There were several collectors who probably wanted movie memorabilia who bid until the final price was \$855. If there had been no description of how and why it worked, the ark might not have even sold.

We researched the name of the maker, Art Metal Works, and learned it was started by Louis Aronson (1869-1940), an inventor with a company in New York City, then Newark, New Jersey. The company is famous for the Ronson lighter patented in 1910. (No doubt Mr. Aronson inspired the name.) The company was sold to Zippo in 2010.

Q: I'm moving into a senior living residence and won't have room for my large collection of half dolls. One of the dolls has her hand broken off, but I don't know the best way to fasten it back on. Many of the dolls are from around the world. I bought them when I worked in Germany and Okinawa. How can I find someone interested in buying them?

A: Half dolls, also known as pincushion dolls, were first made in 1908 and were popular until the 1930s. They

were made with a porcelain upper body attached to a large cloth skirt and were used to cover a pincushion, powder box, pot of tea or other items. Most are found today without the skirt.

Prices depend on size, decoration, condition and style. Closed arm half dolls sell for the lowest prices. Those with arms extended away from the body sell for the highest prices. Contact an auction house that specializes in dolls. Half dolls have sold at auction for \$100 to over \$1,000. They are hard to find and a popular collectible. Don't try to repair the broken doll yourself. A poorly done repair significantly lowers value.

CURRENT PRICES

Delft plate, blue, white, women and children standing on riverbank, windmills and trees, small boat, c. 1841, 9 inches, \$72.

Coca-Cola cooler, airline, metal, side mount, bottle opener, red, 1950, 14 1/2 x 18 1/2 inches, \$200.

Double stained-glass window, Art Nouveau, green, orange, maroon, stripes, arcs, oak frame, 31 x 51 inches, \$370.

Stickley library table, oak, plank top, block legs, center stretcher, tenon construction, 29 x 29 inches, \$520.

TIP: Don't try to remove dents in silver or pewter. This is a job for an expert.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021 by Terry and Kim Kovel has the resources you're looking for.

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STICKELERS (also)

by Terry Stickels

How many anagrams can you find for the word "retains"?

All words must be found in a dictionary or in other reliable reference materials.

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Strange BUT TRUE

By Lucie Winborne

• The most leaves ever found on a clover is 56.

• In 2012, General Mills sent professional basketball player Jeremy Lin a special jersey made entirely out of Fruit Roll-Ups after he tweeted about his love for the snack.

• The southern polar region of Enceladus, one of Saturn's moons, contains cryovolcanoes, an exotic type of geyser that spews ice instead of magma.

• Aluminum is infinitely recyclable, with nearly 75% of all aluminum ever produced still in use today.

• The first footprints on the moon will remain there for a million years.

• A Kansas man requested that an Iowa court grant his motion for trial by combat. His opponents? His ex-wife and her attorney, whom he desired to meet "on the field of battle" in order to "rend their souls from their corporeal bodies."

• The world's largest recorded snowflake measured 15 inches wide and 8 inches

thick.

• Similar to how human babies suck their thumbs for comfort, baby elephants suck on their trunks.

• In the Middle Ages, a man's wealth was measured by his stockpile of pepper.

• A 639-year performance by an automated organ, based on avant-garde composer John Cage's "As Slow as Possible," started in September 2001 and is still running at St. Burchard Church in Germany. Progressing so slowly that visitors have to wait months for a chord change, it is scheduled to conclude in 2640.

• Apollo 11 astronaut Buzz Aldrin brought a chalice, bread and wine to the moon to take communion.

Thought for the Day:

"Yet I had rather be remembered as those brave beginners are, though many of them missed the triumph, than as the latecomers will be, who only beat the drums and wave the banners when the victory is won." -- **Louisa May Alcott**

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Now here's a tip!

By JO ANN DERSON

• "If you have a bunch of picture frames that don't match or ones that are nicked or have small cosmetic damages, just paint them. Choose a matching color for all, and you have a collection." -- **T.L. in Florida**

• Kitchen tip: You can slice mushrooms in an egg slicer.

• If your sneakers are smelly, try this: Stick a sheet of fabric softener in each one. Let them set overnight, and most of them time, the smell will be gone by morning. Of course, you should rotate your tennies to help them "breathe," since wearing your shoes day after day can foster bacteria growth -- meaning your sneaks will be really stinky.

• "To get sheets and towels to dry faster, try adding a tennis ball to the dryer. It bounces around inside while the cycle is going, and breaks up large items that tend to crumple

into a ball." -- **C.L. in Illinois**

• When you get near the end of a roll of paper towels, save it to put in your car. Pull together a kit to keep in the car with the following items: a small bottle of glass cleaner, a squeeze bottle of water, some wet wipes and the short roll of paper towels. You will always be ready for a quick on-the-road cleanup.

• The kitchen and the bathroom are the worst places in the house to store medicines and vitamins. Humidity and heat can damage the properties of the compounds.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Go Figure! answers

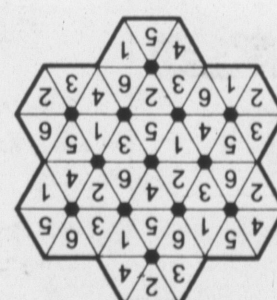
	16		18		28	
17		9	+	2	×	4
		+		-		+
33		1	+	4	×	8
		÷		×		×
22		7	+	5	×	3

Sticklers Answer

Here are some of the words we found: master, artist, ratine, retain, retaina, stainer and steatin.

SNOWFLAKES

solution



Super Crossword

O - E VEY!

ACROSS

- 1 Much of the Western Hemisphere, with "the"
- 9 Accuse of misconduct in office
- 16 Aloe —
- 20 Base for some dressings
- 21 Tiny sand bit
- 22 Kiln, for one
- 23 Group of shorthand pros throwing dice?
- 25 — all been there?
- 26 Remember
- 27 Fork out
- 28 Russian news agency
- 30 Lip
- 31 Monet works
- 32 Besides that
- 34 Take a hammer to one's Mexican coin?
- 38 — Cola
- 40 Part of LED
- 41 '60s protest
- 42 Study every method of seizing of defaulters' property?

DOWN

- 47 Small knapsack
- 49 — Island (immigrants' gateway, once)
- 50 Pull back (in office)
- 51 Livelihood
- 52 Andrew Lloyd —
- 54 Command to list a team's players?
- 61 "Last Stand" general
- 63 Watergate senator Sam
- 64 In want
- 65 \$\$\$ source
- 66 Particular style of rounded roof?
- 71 Rail support
- 72 Crackly
- 75 Implied wordlessly
- 76 Sticky — (tough spot)
- 79 Jazz instrument that tightens your face when you play it?
- 84 C.S. Lewis' land
- 86 Tropical kin of a raccoon
- 87 Rumble (up)

ACROSS

- 89 Betray by selling out
- 90 French circle dance
- 93 Greek philosopher who never overtook other travelers?
- 97 Vacuous
- 98 Earthy shade
- 99 Sea marker
- 100 Locating a city in Alaska?
- 103 Slugger?
- 105 Fuel additive brand
- 108 Lao —
- 109 Entre — Hermann
- 110 Rankle
- 111 Inaptitude for music
- 114 Teeny-teeny
- 116 Rejection a president issues with no doubt whatsoever?
- 121 Schnozzola
- 122 Generally
- 123 Tall, tapering pillars
- 124 Eat away (at)
- 125 Sheetlike gray cloud
- 126 Requiring no cables

DOWN

- 1 "Ad — per aspera"
- 2 HBO host
- 3 Pick by ballot
- 4 — avis
- 5 Shrine figure
- 6 Amass
- 7 Feel malaise
- 8 Missteps
- 9 Rap — Azalea
- 10 Wife's title
- 11 Butter slice
- 12 Suffix with benz-
- 13 Mommy or Daddy's sis
- 14 Loose coat
- 15 Novelist Hermann
- 16 Promise
- 17 Actor Sloane
- 18 Drop in again
- 19 Flowerlike sea polyp
- 24 Scot's denial
- 29 Vidal of hair care
- 33 Bert who played a lion
- 34 Drink a bit of
- 35 Besides that
- 36 Ave. crossers
- 37 Trudeau of Canada
- 38 Baby beds
- 39 Beginning
- 40 Lairs

ACROSS

- 42 Ayres of "Holiday"
- 43 Prefix with acoustics
- 44 74-Down in egg whites
- 45 Poetic "always"
- 46 — de Janeiro
- 47 Small, silver fish
- 48 Sheepskin boot brand
- 51 X minus two
- 53 Like blood
- 55 Choppers
- 56 Go wrong
- 57 Campers, for short
- 58 Warning in hostilities
- 59 Particular issue
- 60 Bagel variety
- 62 Go in circles
- 65 Perform
- 67 Long skirt
- 68 "Green" prefix
- 69 CEO or prez
- 70 Diary author Anais
- 73 Part of ESL
- 74 Product of amino acids
- 77 Freightage
- 78 Word before Kat or Glue
- 80 Coll. entry exam

celebrity extra

by Dana Jackson

Q: Is the new "Equalizer" starring Queen Latifah a new version of the old TV show by the same name? -- C.B.

A: Yes, the original action crime drama "The Equalizer" from the 1980s is returning with a modern-day spin. Sadly, it won't star Edward Woodward, who passed away in 2009, but the new cast is a strong one with Queen Latifah ("Single Ladies"), Chris Noth ("Law & Order") and Adam Goldberg ("God Friended Me").

The "The Equalizer" producing team is from the duo behind "Castle," but even better, Richard Lindheim, who co-created the original series, is an executive producer. Look for the 2021 version of "The Equalizer" to premiere Sunday, Feb. 7, on CBS right after the Super Bowl.

Q: Is Mindy Kaling still acting? I really loved her as Kelly in "The Office," and I also enjoyed her autobiography. I heard she had a second child recently. Will she return to TV soon? -- J.S.

A: Mindy Kaling started

out in a dual role of writer and actor on "The Office," the NBC comedy series that has since gained a huge following on Netflix, and more recently, on the new NBC streaming service Peacock. Kaling then created and starred in "The Mindy Project" and wrote and starred in the film "Late Night" opposite Emma Thompson.

Her most recent projects include creating the coming-of-age series "Never Have I Ever" on Netflix, which was inspired by Kaling's own upbringing as an Indian-American. She's also welcomed her second child into the world during the pandemic and is co-writing the screenplay, along with Dan Goor ("Brooklyn Nine-Nine"), for "Legally Blonde 3," starring Reese Witherspoon as the iconic character Elle Woods, who will be turning 40 in the new sequel.

Q: I was sad to see that soap actor John Reilly died. Most remember him from "General Hospital," but I seem to recall him being in a number of films in the 1970s, including one with Barbra Streisand. Am I remembering correctly? -- G.F.

A: Yes, John Reilly, best known as Sean Donely on "GH" off and on for more than a decade beginning in the mid-1980s, recently passed away at the age of



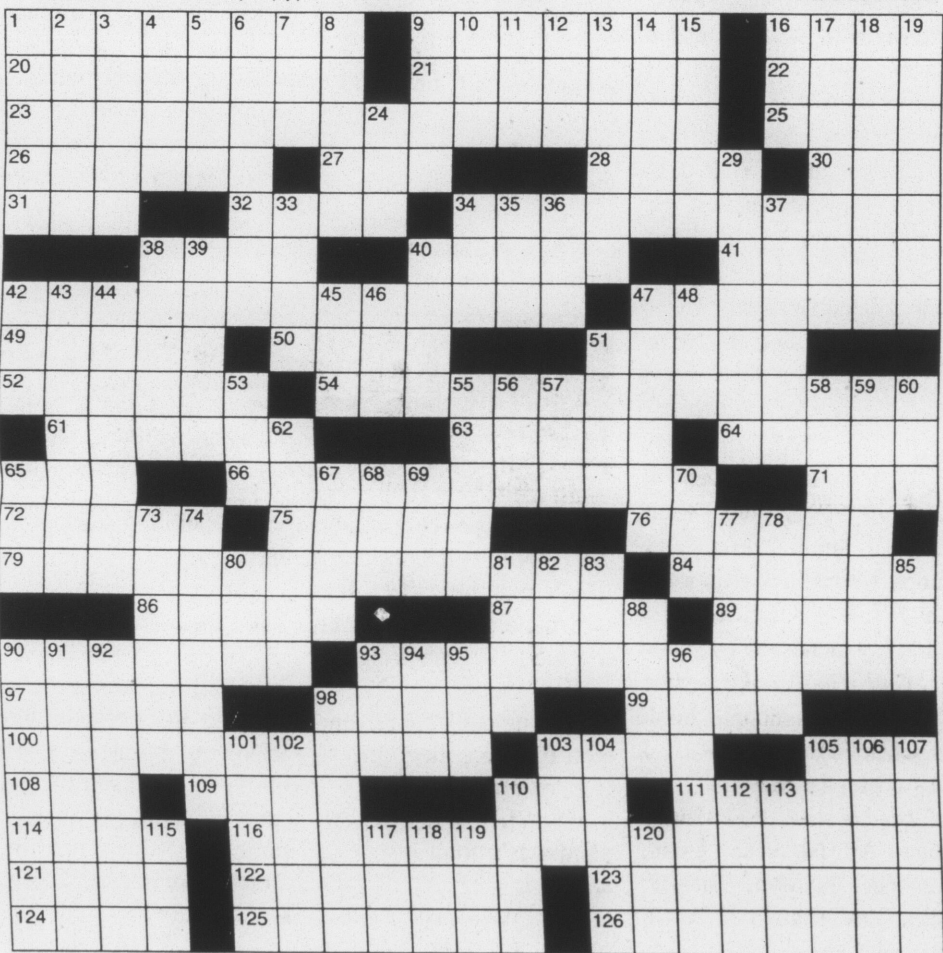
QUEEN LATIFAH
Sophy Holland/CBS photo

84. I don't know if you remember the brief prime-time spinoff "General Hospital: Night Shift," but he reprised the role of Sean for that serial as well, which aired on SOAPNet for 13 episodes. His other daytime credits included "As the World Turns," "Passions" and "Sunset Beach."

Reilly (not to be confused with actor John C. Reilly) was a highly employable guest star on dozens of classic television shows during the 1970s and '80s, including "Dallas" and "Dynasty." "Simon & Simon" and "Hart to Hart." You name it, he probably appeared on it. The film you're recalling with Barbra Streisand is the romantic comedy "The Main Event," which also starred Ryan O'Neal as a boxer.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

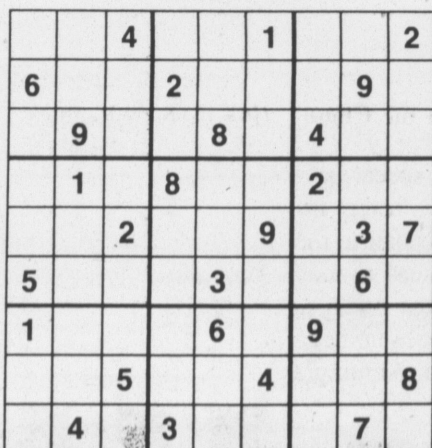
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-------|----------------------|-------|
| 1. Bullwinkle, e.g. | — S — | Mary Tyler— | — R — |
| 2. Light rainfall | — H — | More sluggish | — L — |
| 3. Texas capital | A — | Bieber or Timberlake | J — |
| 4. Witch's spell | — S — | Road sign | — V — |
| 5. Mealtime blessing. | — R — | Baseball participant | — L — |
| 6. Trench | — I — | From Holland | — U — |
| 7. Gumption | — P — | Little stinker | — K — |
| 8. Interweave | — S — | Put upside down | — V — |
| 9. Compassion | — C — | —go-round | — R — |
| 10. Linger | — A — | Thirsty cloth | — E — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

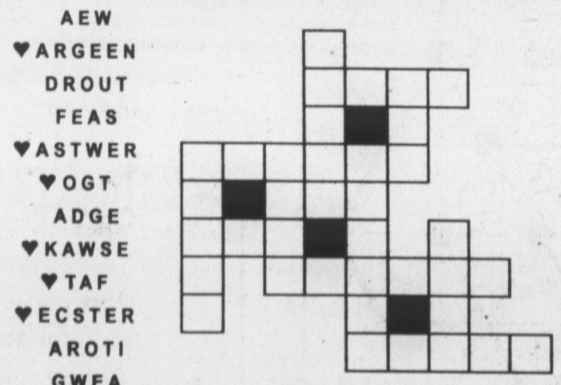
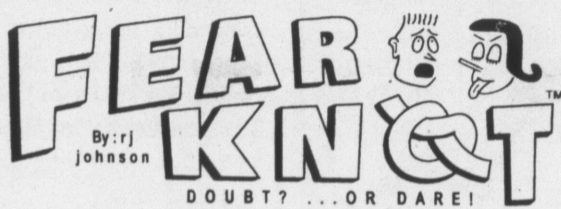
Answers



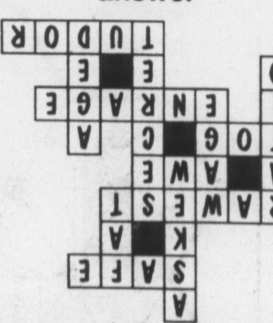
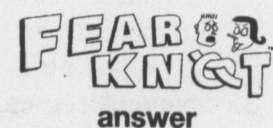
Even Exchange

answers

- | | |
|-------------------|-------------------|
| 1. Moose, Moore | 6. Ditch, Dutch |
| 2. Shower, slower | 7. Spunk, Skunk |
| 3. Austin, Justin | 8. Insert, Invert |
| 4. Curse, Curve | 9. Mercy, Merry |
| 5. Prayer, Player | 10. Tarry, Terry |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



J
A
N

1
4

2
0
2
1

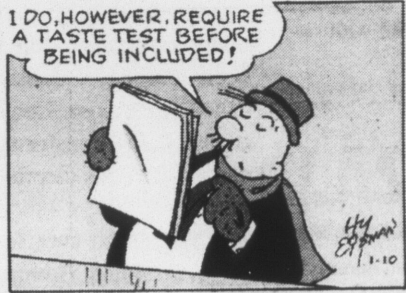
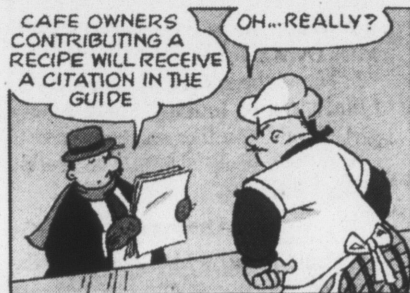
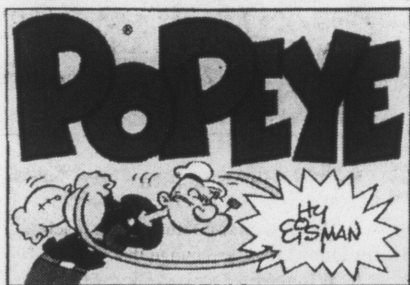
Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bitter
GRANY
Cover
ALOCK
Close
BRANEY
Stupid
NANIE

TODAY'S WORD

"Daddy woke up _____ again."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	2	5	1	2	3
2	3	4	5	6	2
2	5	4	4	4	1
2	6	1	2	4	5
1	4	5	3	4	6
6	4	2	5	1	2

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Cat Frees Crickets, Gecko Goes Hungry

DEAR PAW'S CORNER: I have a leopard gecko named Lenetta, and I wouldn't trade her for the world. There's a problem, though. I also have a cat, and that cat always finds a way into the room where Lenetta is kept, and spends his time chasing the crickets through the plastic "kitter keeper." Sometimes it gets flipped over and the crickets escape. Then I have nothing to feed to Lenetta, and there are loose crickets all over the house. How do I get this cat to stop obeying his instinct to chase these bugs? Help, before any more crickets get loose! -- Josiah from New York

DEAR JOSIAH: Ah, that's the thing: It's a cat's instinct to chase small, hop-

ping things. Cats think it's awesome.

Rather than try and teach your cat not to chase crickets -- a tough job that will require long-term commitment, daily training sessions and possibly some genetic manipulation to remove that hunting instinct -- make it tougher for the kitter keeper to get turned over.

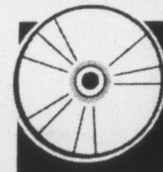
Solution 1: Duct tape. One piece on each side of the lid, being careful not to cover the air vents. If you use a cricket shaker or something similar, take out the shaker tube and secure the lid.

Solution 2: Camouflage. Make the cricket cage invisible. Put it on a shelf that the cat can't reach. Cover it with a thin cloth (that air can get through) or place it behind other objects. Out of sight, out of mind.

Solution 3: Keep the door to Lenetta's room closed. This may be more difficult because your cat clearly has figured out how to get in. Think about other ways to discourage his entry.

Good luck!

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of Jan. 18, 2021

Video on Demand

- Honest Thief (PG-13) Liam Neeson
- The War with Grandpa (PG) Robert De Niro
- The Croods: A New Age (PG) animated
- Unhinged (R) Russell Crowe
- Hunter Hunter (NR) Camille Sullivan
- Shadow in the Cloud (R) Chloe Grace Moretz
- Fatman (R) Mel Gibson
- Buddy Games (R) Dan Bakkedahl
- All My Life (PG-13) Jessica Rothe
- Wander (R) Aaron Eckhart

DVD, Blu-ray Sales

- Tenet (PG-13) Warner Bros.
- Honest Thief (PG-13) Universal
- Yellowstone: Season 3 (TV-MA) Paramount
- The War with Grandpa (PG) Universal
- Mulan (PG-13) Disney
- Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.
- The Craft: Legacy (PG-13) Sony Pictures
- 1917 (R) Universal
- Top Gun (PG) Paramount
- The Office: The Complete Series (TV-14) Universal

Source: Comscore/Media Play News

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Hitori answer

2	1	5	1	2	3
9	6	4	3	5	1
5	4	2	1	9	2
1	4	4	4	4	1
2	3	4	5	6	2
4	2	5	1	2	3

SCRAMBLERS
solution
1. Angry 2. Cloak
3. Nearby 4. Inane
Today's Word
CRANKY

FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Many jokes have been made at the year 2020's expense. We could all have done without the fear and anxiety of a global pandemic that's still all too real today, but being homebound has had some benefits. Maybe you learned to bake bread or tend a potted garden, mastered homeschooling or finally fixed that leaky toilet. It wasn't all bad. Here are five films that were released for home viewing in 2020 that prove my point.

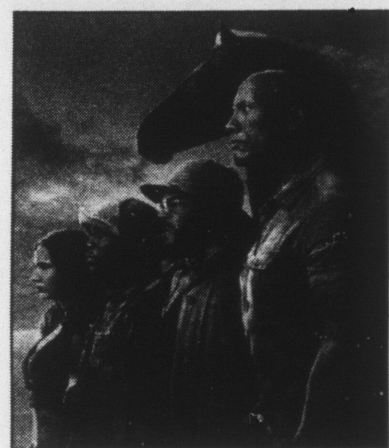
Jumanji: The Next Level (PG-13) — Spencer Gilpin, home on a college break, jumps right back into Jumanji — forcing his gang (Bethany, Frida and Martha) to follow suit. For good measure, Spencer's grandpa Eddie (Danny DeVito) and Eddie's estranged business partner Milo (Danny Glover) are sucked into the game, too. With mixed-up avatars and some fun new additions (Awkwafina joins as a new avatar, Ming Fleetfoot), this fantasy comedy delivers a racing pace, some rollicking good laughs and a surprisingly sweet ending.

Jojo Rabbit (PG-13) — Young Jojo is a Hitler Youth believer. He believes so hard that Adolf Hitler is his imaginary friend (played hilariously by Taika Waititi, who also writes and directs), the one who gives him a bucking up when the boys at camp come down on him. He has a perennially positive and optimistic single mother (Scarlett Johansson) with a secret. Its discovery leads Jojo to reflect on his own nationalistic beliefs and racism while the makeshift family confronts the final days of World War II.

Parasite (R) — South Korea's sleeper hit is a black comedy that effortlessly tackles social aspirations and class conflict. The Kim family lives in a squalid basement of a

basement, with no prospects and no resources. Son Ki-woo fakes some credentials and takes a job as a tutor to the daughter of the filthy rich Park family, living the good life by association. Getting there was only part of the battle, though. The ends inevitably begin to unravel, with macabre consequences. Written and directed by acclaimed director Bong Joon Ho.

Just Mercy (PG-13) — Michael B. Jordan plays a young, morally ambitious Harvard law graduate who goes to Alabama to seek justice on behalf of poverty- and racism-stricken death row inmates. He starts with Walter McMillian (Jamie Foxx), wrongfully convicted of murder and overcome by hopelessness. It's uplifting and tugs at your heartstrings, plus it's filled with top-notch actors and is based on a true story.



"Jumanji: The Next Level"

1917 (R) — A riveting first-person war story by celebrated director Sam Mendes, "1917" centers around two British lance corporals, Blake (Dean-Charles Chapman) and Schofield (George MacKay), who are sent across enemy territory to stop a division of British soldiers from advancing into a deadly German ambush. In the thick of war, through the dead of night and with almost no time in which to complete this impossible feat, the two soldiers set out with singular, unwavering focus.

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Contract Bridge

THINGS ARE NOT WHAT THEY SEEM

East dealer.

Neither side vulnerable.

NORTH

♠ A J 7 5 4 2
♥ —
♦ 10 6 2
♣ K J 6 3

WEST

♠ 9
♥ A K J 10 8 5 2
♦ Q 8 7 3
♣ 8

EAST

♠ 6
♥ Q 7 6 3
♦ K J 9
♣ Q 10 9 7 4

SOUTH

♠ K Q 10 8 3
♥ 9 4
♦ A 5 4
♣ A 5 2

The bidding:

East	South	West	North
Pass	1 ♠	4 ♥	4 ♠
5 ♥	Pass	Pass	5 ♣

Opening lead — eight of clubs.

One occasionally hears the term "free finesse" applied to a seemingly helpful lead made by an opponent, but sometimes there is a question as to whether or not the finesse is really free. It is easy to misapply the term, which is exactly what declarer did in this deal where he unnecessarily went down one.

West led his singleton club against South's five-spade contract. Acting under the impression that he was getting

a free finesse, declarer played dummy's jack and took East's queen with the ace.

After drawing trump, South led a club to the king, hoping to find the suit divided 3-3 so that he could later discard a diamond on dummy's fourth club. But when West failed to follow to the second club, there was no way declarer could avoid losing a club and two diamonds for down one.

It might seem that South is sure to fail whatever he does, but actually he can make the contract with proper play. He should assume from the bidding and the opening lead that the eight of clubs is a singleton. No harm can come from making this assumption because if West has the queen of clubs, it can be trapped later on.

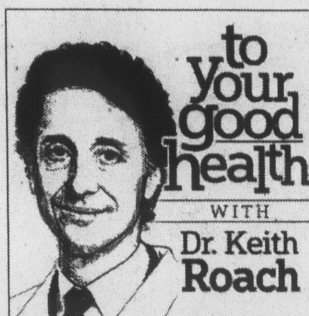
South should therefore play low from dummy at trick one and take the eight with the ace.

After ruffing two hearts in dummy and drawing trump, South then plays the ace and another diamond. The defenders can collect their two diamond tricks, after which they are stymied.

If West winds up on lead, he must return a heart or a diamond, allowing dummy to ruff as South discards his club loser. If East wins the third diamond, he must either yield a ruff-and-discard or lead a club into dummy's K-J. The so-called free finesse at trick one turns out to be an illusion.

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by Steve Becker



No Cure, Just Treatment For Rare Skin Disorder

DEAR DR. ROACH: My girlfriend has necrobiosis lipoidica. She suffers from this on her shins, as did her mother. She is not diabetic. We cannot find good information on how to rid her of this. The information we find is not about cures, but treatments that mask the symptom, such as steroids. We cannot even find a doctor that specifically treats this condition. Can you help? -- M.B.

ANSWER: Periodically I get letters referencing a condition like this one that I know absolutely nothing about. Fortunately, I have the time to do a lot of reading, and I talked to several people with the condition. Here is what I found.

Necrobiosis lipoidica is a rare skin disorder, usually but not always associated with diabetes. It occurs mostly in young adults (the average is 25 years old when associated with diabetes, 46 years if not), and is more common in women. It may also be associated with thyroid disorders and celiac disease. The cause is unknown.

The diagnosis is made by skin biopsy. The appearance is usually of a large, variably colored and elevated patch of skin, most commonly on the shins, as your girlfriend's is, but it can spread to other parts of the body, especially skin that has been scraped or damaged. Because necrobiosis lipoidica can occasionally transform to skin cancer, it needs careful surveillance.

There is no cure for necrobiosis lipoidica. However, there are treatments that can reduce the inflammation. Steroids, either topical or injected, are the usual first choice. Topical steroids are more effective if they are given as ointment and covered with an air- and water-tight dressing. If topical steroids are

not as effective, there are many other therapies that have been tried, including: the medication tacrolimus, which decreases the immune response; ultraviolet light A; antimalarial drugs (also used for autoimmune diseases); and others. The disease normally progresses slowly, then stabilizes, but it can spontaneously resolve in some people.

Necrobiosis lipoidica may also ulcerate, at which point a wound care specialist may be of tremendous value.

It may not be easy to find an expert dermatologist for this condition. I would start with a support group, as you can get expertise from others who have been living with this condition. I found one large group on Facebook. I read some tips on makeup and temporary tattoos for cosmetic improvement.

I found two clinical trials recruiting subjects, one in Boston and one in Pennsylvania. You can find clinical trial information at clinicaltrials.gov. More good information is available at <https://tinyurl.com/NLskin>.

DEAR DR. ROACH: My granddaughter, age 21, suddenly developed a nut allergy while away at college, when she had grown up eating every type of nut there is. She had such a reaction that she had to be taken to the emergency room, tested and was given an EpiPen, which she will have to carry with her everywhere. Is this a common occurrence? Is it possible that she can grow out of this in the future? -- V.P.

ANSWER: Although food allergies most often start in adulthood, they may develop at any time of life. Peanuts and tree nuts are among the most common food allergies that develop in adults. Outgrowing a peanut allergy is uncommon, but when it does happen, it usually happens at a young age. I would not expect her to grow out of it.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U E P Z P V H F U X I F O Z P V D S P T T

B I B N N P D L B O E B E P H ?

B S P D L F S T Q B O J F M .



by Healthy Exchanges

Comfort Franks With Mac & Cheese

Throw all this into your slow cooker and return later to something as comforting as anything to be found in "comfort food land." It's guaranteed to bring out the kid in any adult!

- 4 cups cooked elbow macaroni, rinsed and drained
- 1 (12-fluid-ounce) can evaporated fat-free milk
- 1 cup fat-free milk
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes
- 2 cups shredded reduced-fat Cheddar cheese
- 8 ounces reduced-fat frankfurters, diced into 1/2-inch pieces

1. In a slow-cooker container sprayed with butter-flavored cooking spray, combine macaroni, evaporated milk, milk, onion flakes and parsley flakes. Add cheddar cheese and frankfurter pieces. Mix well to combine.

2. Cover and cook on LOW for 3 to 4 hours. Mix well before serving. Makes 8 (1 cup) servings.

• Each serving equals: 246 calories, 6g fat, 18g protein, 30g carb., 525mg sodium, 1g fiber, Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Fat-Free Milk.

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1. Who wrote and sang about "Kodachrome"?
2. What was the first single released by David Bowie?
3. Where did Lynyrd Skynyrd get its name?
4. Which artist was called "Little Miss Dynamite"?
5. Name the song that contains this lyric: "You're looking kinda lonely, girl, Would you like someone new to talk to? Ah-yeah, alright, I'm feeling kinda lonely too."

Answers

1. Paul Simon, in his 1973 hit. Kodachrome was one of the first types of color film.
2. "Liza Jane," in 1964. It was credited to Davie Jones with the King-Bees. Bowie was born David Robert Jones.
3. They named themselves after a strict high-school gym teacher, Leonard Skinner, who didn't like boys to have long hair. Tired of being hassled over his hair, band member Gary Rossington had dropped out of school.
4. Brenda Lee, who stood only 4-foot-9. She used to go to a local store where she would sing for money or candy — before she was even 3 years old. By the age of 10, Brenda was the breadwinner for her family.
5. "Sharing the Night Together," originally recorded by Lenny LeBlanc and then Arthur Alexander in 1976. But it was Dr. Hook who sent the song up the charts internationally in 1978.

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Puzzles4Kids

Answer

A rocker spaniel.

What do you get if you cross a hammock and a dog?

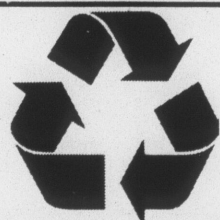
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ST. PEREGRINE,
ST. THERESA 2/11

Thanks to Blessed Mary
Sacred Heart, St Anthony,
St Michael
Pray for Country &
God Bless You All
E.A.M. 1/21

**THANK YOU
TO ALL
CK16** 1/21

Thanks J.F and LM
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STAR MARKET 130 Granite St..	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	CVS Southern Artery	MULLANEY'S VARIETY 205 W. Squantum St.
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Teaching And Learning During A Pandemic

By RENEE
DUCHANEY-FARKES

Students need to be in school. Parents need help to navigate this "new normal" of COVID-19 for themselves and their families, both online and offline! The entire teaching and learning community need to be connected, it is a necessity!

As an educator, parent, and grandmother, I have been in this discussion for more than a year now! All parents are worried that their children may be falling behind and will be disadvantaged when this is over. Many homes have been turned upside down as they now have to be set up for home school.

The discussions are similar at all ages – all parents are worried about the impact of this event in both the short-term and the long-term. And it is not only about the academic learning, but also about the social, emotional, and physical needs of students. Students need connections. We know that the U. S. education system was not built to deal with extended shutdowns and extended virtual screen learning.

COVID-19 upended our students' lives, and now, a year later, many students are still adapting to life and to this new way of learning as the pandemic continues. We know that nationally many students are facing great difficulty learning on their own most days. Parents are saying:

- there is too much independent learning for my child
- my child needs to see her teachers
- my child needs her friends
- there is too much downtime, my child needs structure
- she is too isolated; she is confined at home and in her room
- she hates learning because she has such limited connections
- my student is googling information rather than learning
- critical thinking skills are not being developed
- there is just too much screen time
- my child is confused and feels deserted by her school
- my child is lonely; she misses her friends and does not understand
- I am not a teacher! I am the parent!

We know that children learn best when they connect with their teachers and friends in a caring learning environment. Schools are places of safety and connection allowing students to do their best work. And students are used to spending most of their waking hours in school.

Teachers teach best when they can connect one-on-one with their students at all ages. All children and students need to socialize; their social well-being is an essential component for learning and growing. Being con-

finied at home and spending exorbitant numbers of hours on-line and social media are taking a toll. Our kids need help navigating this right now. And our teachers need to be supported and celebrated for all they are trying to do to keep students engaged.

The pandemic has changed the role of school with parents and families. For families with young children, the parent (usually Mom) has had to assume the role of "quasi-teacher" working to keep students focused daily on their "virtual" classes and the schedule. Parents are hiring tutors to sit with their children to support their learning. As a result, parents report that their role with their child has changed.

Last June, parents could not wait for summer, so they did not have to help their child with on-line learning any longer! I had many parents say to me "I am not a teacher; I can't do this!" And for most families, there was little preliminary support and planning for this major disruption to their personal lives and their homes. Parents are appreciating the role of teachers increasingly and the magic they perform to keep kids motivated to learn.

Families with older students, especially those in high school years are very worried about academics, social well-being, college preparation, mental health, general fatigue, and lack

of enthusiasm about their learning, and now their life. Students who are usually eager and focused on academics and the best college placement are full of worry and uncertainty right now. This is not good for them; these are critical years which will directly impact their future.

College placement is the culmination of the high school experience for all college-bound students. This work begins steadily in the 10th grade and into the senior year when applications are due. The application process is very time-consuming and complex, and we know that students in upper school grades are facing big disadvantages right now.

There is no substitute for classroom learning. We know that students learn best when they are in school. We also know that the reality is often that remote learning is not learning. When schools must go remote, students are without the social connections and relationships, the structure, the support of their teachers -all critical components of optimal learning. The combination may be creating gaps in students' learning experience.

Woodward School for Girls recently launched a Community Speaker Series in November to reach out to parents and the greater community to open a dialogue about girls and their learning during this pandemic-

era. The series featured an inspirational discussion with Lynne Griffin, RN, M.Ed., who talked about this parent quandary. She reported that "research affirms that children and teens today experience stress that is stronger, longer and more regular than ever before. Parents are worried about inadequate sleep routines, an overload of technology, and high academic demands despite students having limited in person access to their teachers, and friends. She further said that parents are anxious that today's new reality will increase their children's odds for problems later in life. It's downright hard for parents to feel confident when some of these situations feel like uncharted territory."

Parents are rightly worried about the long-term impact of this upheaval on their children, of all ages. The role of parents and families and school is being redefined. Teachers and administrators are working hard to provide the same quality of education that is delivered in classrooms pre-pandemic with teachers and students, teaching and learning together. This is a challenge of epic proportion and we need to keep a patient and kind perspective to the impact on teachers and families.

We know that nationally many students are facing great difficulty learning on their own. They are often confined at home, spend-

ing too much time on social media and online, and they are alone. The reality is that most remote learning is not quality learning for many students.

School closures are imminent on everyone's mind. When schools must go remote, students are without the social connections and relationships that are a critical component of optimal learning. The combination may be creating major gaps in students' learning which potentially may have long term consequences. We are all in this together and need to do all we can to keep our students in school!

Renee DuChaine-Farkes is the Head of School at the Woodward School for Girls serving Grades 6-12 in a college preparatory program. For the previous 22 years, she was founder Head of the Kingsley Montessori School serving students preschool through Grade 6. She has spent the last 10 years researching what parents want from schools. In 2018 she devoted a sabbatical year to exploring "Parents as Partners" and visiting 65 schools throughout the world. In her words, "My findings were unequivocal that the experience of parents with schools is clearly two-fold: one is about their child and his/her learning, and another one is clearly about what I have framed in my research: 'Me as a Parent.' This could not be more applicable now as we navigate new waters together."

The Woodward School for Girls is in downtown Quincy and has been educating girls, Grades 6-12, since 1894. Woodward is in school learning and is offering a unique opportunity right now for a limited number of students to transfer now for the mid-winter and spring semester.

We are fortunate to have adequate space to socially distance. And our beautiful, historic building was just renovated with new state of the art HVAC systems, in addition to new science labs, classrooms, tech labs, theater space, and a new student center.

"It's been gratifying to see how happy our students are to be back in school with their teachers and peers," DuChaine-Farkes said. "Middle school students are happy with their friends and highly engaged in their learning. And the enthusiasm and relief seen in sophomores and juniors coming into personalized one on one college counseling meetings is a great sight to see; their parents are even more delighted to have their meetings with college counseling on zoom, and one on one!"



We Learn
So That
We May
Lead

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Teaching And Learning During A Pandemic

By RENEE
DUCHAINEY-FARKES

Students need to be in school. Parents need help to navigate this "new normal" of COVID-19 for themselves and their families, both online and offline! The entire teaching and learning community need to be connected, it is a necessity!

As an educator, parent, and grandmother, I have been in this discussion for more than a year now! All parents are worried that their children may be falling behind and will be disadvantaged when this is over. Many homes have been turned upside down as they now have to be set up for home school.

The discussions are similar at all ages – all parents are worried about the impact of this event in both the short-term and the long-term. And it is not only about the academic learning, but also about the social, emotional, and physical needs of students. Students need connections. We know that the U. S. education system was not built to deal with extended shutdowns and extended virtual screen learning.

COVID-19 upended our students' lives, and now, a year later, many students are still adapting to life and to this new way of learning as the pandemic continues. We know that nationally many students are facing great difficulty learning on their own most days. Parents are saying:

- there is too much independent learning for my child
- my child needs to see her teachers
- my child needs her friends
- there is too much downtime, my child needs structure
- she is too isolated; she is confined at home and in her room
- she hates learning because she has such limited connections
- my student is googling information rather than learning
- critical thinking skills are not being developed
- there is just too much screen time
- my child is confused and feels deserted by her school
- my child is lonely; she misses her friends and does not understand
- I am not a teacher! I am the parent!

We know that children learn best when they connect with their teachers and friends in a caring learning environment. Schools are places of safety and connection allowing students to do their best work. And students are used to spending most of their waking hours in school.

Teachers teach best when they can connect one-on-one with their students at all ages. All children and students need to socialize; their social well-being is an essential component for learning and growing. Being con-

finied at home and spending exorbitant numbers of hours on-line and social media are taking a toll. Our kids need help navigating this right now. And our teachers need to be supported and celebrated for all they are trying to do to keep students engaged.

The pandemic has changed the role of school with parents and families. For families with young children, the parent (usually Mom) has had to assume the role of "quasi-teacher" working to keep students focused daily on their "virtual" classes and the schedule. Parents are hiring tutors to sit with their children to support their learning. As a result, parents report that their role with their child has changed.

Last June, parents could not wait for summer, so they did not have to help their child with on-line learning any longer! I had many parents say to me "I am not a teacher; I can't do this!" And for most families, there was little preliminary support and planning for this major disruption to their personal lives and their homes. Parents are appreciating the role of teachers increasingly and the magic they perform to keep kids motivated to learn.

Families with older students, especially those in high school years are very worried about academics, social well-being, college preparation, mental health, general fatigue, and lack

of enthusiasm about their learning, and now their life. Students who are usually eager and focused on academics and the best college placement are full of worry and uncertainty right now. This is not good for them; these are critical years which will directly impact their future.

College placement is the culmination of the high school experience for all college-bound students. This work begins steadily in the 10th grade and into the senior year when applications are due. The application process is very time-consuming and complex, and we know that students in upper school grades are facing big disadvantages right now.

There is no substitute for classroom learning. We know that students learn best when they are in school. We also know that the reality is often that remote learning is not learning. When schools must go remote, students are without the social connections and relationships, the structure, the support of their teachers -all critical components of optimal learning. The combination may be creating gaps in students' learning experience.

Woodward School for Girls recently launched a Community Speaker Series in November to reach out to parents and the greater community to open a dialogue about girls and their learning during this pandemic-

era. The series featured an inspirational discussion with Lynne Griffin, RN, M.Ed., who talked about this parent quandary. She reported that "research affirms that children and teens today experience stress that is stronger, longer and more regular than ever before. Parents are worried about inadequate sleep routines, an overload of technology, and high academic demands despite students having limited in-person access to their teachers, and friends. She further said that parents are anxious that today's new reality will increase their children's odds for problems later in life. It's downright hard for parents to feel confident when some of these situations feel like uncharted territory."

Parents are rightly worried about the long-term impact of this upheaval on their children, of all ages. The role of parents and families and school is being redefined. Teachers and administrators are working hard to provide the same quality of education that is delivered in classrooms pre-pandemic with teachers and students, teaching and learning together. This is a challenge of epic proportion and we need to keep a patient and kind perspective to the impact on teachers and families.

We know that nationally many students are facing great difficulty learning on their own. They are often confined at home, spend-

ing too much time on social media and online, and they are alone. The reality is that most remote learning is not quality learning for many students.

School closures are imminent on everyone's mind. When schools must go remote, students are without the social connections and relationships that are a critical component of optimal learning. The combination may be creating major gaps in students' learning which potentially may have long term consequences. We are all in this together and need to do all we can to keep our students in school!

Renee DuChaine-Farkes is the Head of School at the Woodward School for Girls serving Grades 6-12 in a college preparatory program. For the previous 22 years, she was founder Head of the Kingsley Montessori School serving students pre-school through Grade 6. She has spent the last 10 years researching what parents want from schools. In 2018 she devoted a sabbatical year to exploring "Parents as Partners" and visiting 65 schools throughout the world. In her words, "My findings were unequivocal that the experience of parents with schools is clearly two-fold: one is about their child and his/her learning, and another one is clearly about what I have framed in my research: 'Me as a Parent.' This could not be more applicable now as we navigate new waters together."

The Woodward School for Girls is in downtown Quincy and has been educating girls, Grades 6-12, since 1894. Woodward is in school learning and is offering a unique opportunity right now for a limited number of students to transfer now for the mid-winter and spring semester.

We are fortunate to have adequate space to socially distance. And our beautiful, historic building was just renovated with new state of the art HVAC systems, in addition to new science labs, classrooms, tech labs, theater space, and a new student center.

"It's been gratifying to see how happy our students are to be back in school with their teachers and peers," DuChaine-Farkes said. "Middle school students are happy with their friends and highly engaged in their learning. And the enthusiasm and relief seen in sophomores and juniors coming into personalized one on one college counseling meetings is a great sight to see; their parents are even more delighted to have their meetings with college counseling on zoom, and one on one!"



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